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# Massachusetts Clearinghouse of Mutual Help Groups

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COOPERATIVE EXTENSION
UNIVERSITY OF MASSACHUSETTS

# MASSACHUSETTS CLEARINGHOUSE OF MUTUAL HELP GROUPS

# DIRECTORY

SPRING 1990

*"To be connected to others, to belong, to receive social support when needed and be able to give it is an important part of mental health. A healthy society provices opportunities for people to be connected in these ways in forms and associations of their own choosing, and provides special help for those unable to avail themselves of such opportunities."*

The President's Commission on Mental Health

This publication was revised by Warren Schumacher and Gertrude Lashway, Cooperative Extension, Division of Home Economics, 113 Skinner Hall, University of Massachusetts, Amherst, MA 01003. For future reference, contact: The Massachusetts Clearinghouse of Mutual Help Groups at the above address.
Phone Number: (413) 545-2313 or 545-5013

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# F O R E W O R D

by Phyllis R. Silverman, Ph.D.

Over the past two decades we have witnessed a change in the way we go about meeting our needs for support and guidance when we find ourselves facing stressful situations or critical periods in our lives. Not too long ago the most appropriate thing to do, to help us deal with this stress, would have been to seek the advice of professionally trained experts. Personal experience gained from solving problems was discounted and we automatically deferred to the expert. Professional knowledge has not always lived up to our expectations and was sometimes not as effective as we hoped. In addition, services were often delivered in an impersonal manner and some of us were uncomfortable about being treated as "cases." We began to look for new sources of knowledge that might be more helpful and other organizational settings that might be more supportive and responsive to us as individuals.

We discovered that the source of this knowledge was all around us in peers who had similar experiences. By sharing our common struggles and common humanity we could gain new knowledge and new perspective. Without this type of mutual aid, no society is viable. Exchanging resources and information is what makes neighborhoods and families work.

Now another dimension is being added that focuses on the special knowledge some people gain from effectively dealing with a particular problem. These people don't always live in the same neighborhod, nor are they part of the same family. To make this expertise, gained from personal experience, available to others, people are joining together in informal and formal organizations that are sometimes called "self-help" groups. Others call them "mutual help" organizations. I prefer the term "mutual help" since it more accurately describes the exchange that takes place between people when they share the experience they have coping with a common difficulty.

Over the past two decades, we have witnessed a proliferation of these organizations. They have demonstrated the value of peers using their personal experience to help each other with a common stressor. They have also legitimated this kind of help as effective and appropriate, adding to the resources available in a community. What distinguishes this type of organization from other helping organizations is the fact that, to be a leader or helper in the organization, people must have experienced the problem personally. Professional training is irrelevant in this context. In addition, generally people join mutual help groups as members. They pay dues and elect officers, and helpers are chosen from the membership according to criteria established by this membership. Sometimes they are affiliated with a national

organization. In other instances, they are a local grassroots effort.

The assistance offered by mutual help organizations can take many forms. It may include one-to-one exchanges, informal rap sessions, educational seminars (either on an occasional basis or as part of a regular series on a range of topics specifically relevant to the problem of group members), social gatherings and the sharing of personal experience by small groups in formal or informal settings. Some groups have hot lines through which persons in need can reach them and get immediate help with a problem, and others have active outreach programs in which experienced members make unsolicited efforts of help to potential members. For example, members of Mended Hearts visit people in the hospital before and after coronary surgery. Many widowed programs send a note to the newly bereaved shortly after the funeral.

Thus, while we may talk about groups, help in a group setting is, in fact, only one of the kinds of help offered in most mutual help organizations. Each organization has its own body of information and helping strategies particular to the problem with which it is concerned. The best known of these is the 12 Steps of Alcoholics Anonymous which has been adapted to their special needs by other anonymous groups concerned with, for example, gambling, overeating and child abuse. Other groups concerned with disabilities or life cycle issues such as bereavement, have a more flexible approach. Regardless of the format, members learn from each other what they can do about their situations.

Why is such help so effective? This help has special meaning since it emanates from people who have had similar experiences, making it easier to identify with the helper and providing a certainty that the helper knows exactly how they feel. People no longer feel alone with their problem and discover that what they experience as unusual is common to others in a similar situation. Members' feelings and experiences are legitimated and a framework provided for coping with the situation. Peers are more understanding and patient, and their expectations are more appropriate than in other kinds of help. In addition, receiving help from a peer tends to minimize a sense of weakness or incompetence in the person needing help. Not only may the need to find someone like oneself be central to learning to cope with change, but the opportunity to change roles and become a helper may be as important as well. People become helpers when they have achieved some perspective on their problem and are willing to share their personal successes as well as their failures with others newly arrived in the same condition they were once in. In the words of a member of a mutual help organization for the widowed: "When you help others, you help yourself."

# U S E R  S U R V E Y

## Massachusetts Clearinghouse of Mutual Help Groups

Name:_____ Title:_____

Organization:_____

Address:_____

City:_____ State:_____ Zip:_____

Phone:_____ (day) _____(eve.)

We are asking your cooperation in determining approximately how many times this Directory is being used. Please start to use this survey at the beginning of the month after you receive it, and use the chart below to record the number of uses for six (6) months. Using a simple counting method (////), keep track month-by-month of uses by (a) members of your group, (b) your own staff, and/or (c) clients or members of the public who use your group's/agency's services. At the end of the sixth month, remove this survey from your Directory, fold in thirds, tape or staple together and drop this postage-paid sheet in the mail to us.

| | |
|---|---|
| _____ Month: | _____ Month: |
| _____ Month: | _____ Month: |
| _____ Month: | _____ Month: |

Thank you for your cooperation with the work of the Massachusetts Clearinghouse of Mutual Help Groups.

Sincerely,

Dr. Warren F. Schumacher
Associate Professor
Extension/Home Economics

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U.S. DEPARTMENT OF AGRICULTURE
UNIVERSITY OF MASSACHUSETTS
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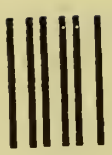

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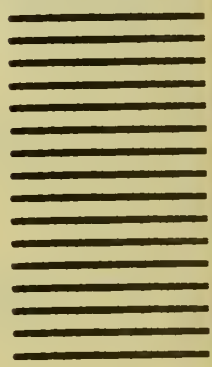

This directory is designed to help consumers find appropriate groups at times of need. It is also designed for professionals to facilitate their making referrals, thus expanding the repertoire of helping resources available to people they serve. Another function of the directory is to help people distinguish between mutual help organizations and organizations directed and staffed by professionals that bear similar names. By their very nature, professional agencies cannot be mutual help organizations. Some of them have been offering support groups. These groups have an integrity of their own, but they are not a substitute for affiliation with a mutual help group. In an agency, people are not members of the organization, they do not make policy and they do not, in turn, become helpers themselves. They are clients; professional staff make policy and provide the available help. There are perils in borrowing helping modalities as if the context in which the help is offered does not matter. Contexts in fact do critically change the nature of the help offered. The more professionals are involved, the more the help offered is likely to resemble group therapy. This can be inadvertently deceptive for people looking for mutual help experience.

Most people at times of stress need a range of services. All of these services cannot be provided in one setting or by one type of helper. It is my hope that this directory will facilitate making this range of services available; and that, on behalf of people in need--and that is all of us at one time or another--this directory will facilitate the collaboration between all helping resources available in a community.

(Phyllis R. Silverman, Ph.D., is the author of Mutual Help Grous: Organizations and Development, published by Sage in 1980 and Widow-to-Widow published by Spring in 1986. Mutual Help Groups provides the reader interested in starting a mutual help group organization with a step-by-step guide.)

# I N T R O D U C T I O N

## PURPOSE

The purpose of this Directory is to make mutual help groups in Massachusetts more visible and accessible to the people who need them. These groups, by their very nature as informal, grassroots organizations, have neither the resources nor often the intention of becoming well-publicized. Yet these groups of people helping each other handle their common problems or conditions provide a valuable helping resource in our communities. The tremendous growth of mutual help groups over the past 15 years provides compelling evidence that they are meeting genuine human needs. Research shows that over 15 million groups utilize our greatest community resource--people--in efforts to help one another.

## MASSACHUSETTS COOPERATIVE EXTENSION

This publication is the 4th edition of a statewide directory of mutual help groups published by Massachusetts Cooperative Extension in its efforts to collect and disseminate mutual help group information. Massachusetts Cooperative Extension is an informal educational agency utilizing the assets of the University of Massachusetts at Amherst, Massachusetts counties and the U.S. Department of Agriculture. Extension offices are located in several counties, as well as the University's Suburban Experiment Station in Waltham, the Marine Experiment Station in Gloucester and the Cranberry Experiment Station in Wareham.

Extension transmits practical information produced by research centers and universities to the public. Extension's aim is to help people identify and solve problems, many times through the use of new technology. Extension's byword has traditionally been "helping people help themselves."

Support Networks in Massachusetts: 1st Edition, 1985

A Cooperative Extension research project called "Strengthening Family Support Networks in Massachusetts" began in early 1984 and produced Support Networks in Massachusetts: A Listing of Self Help Groups for Families and Individuals in May 1985. The purpose of that Directory was to simultaneously provide information on support networks in the state and to dig up information about those we had not heard of. Readers responded to that first statewide Directory by telling us about groups we had omitted or listed incorrectly. Transferring our listing to a Digital Rainbow computer provided by the University of Massachusetts Division of Home Economics and Cooperative Extension, our database became more fluid and responsive to the new information we continued to receive.

Support Networks in Massachusetts: 2nd and 3rd Editions, 1986

The 2nd Edition of our statewide mutual help directory, titled Support Networks in Massachusetts: A Listing of Self Help Groups, was published in May 1986. There was a greater demand for this

resource than we had anticipated and our supply of 2400 copies barely lasted three months. More revisions were submitted, and we faced a funding termination date of October 1 with a backlog of requests for the Directory and a bundle of new and revised listings to incorporate. As a result, both a 3rd Edition and a Supplement to the 2nd edition were published in the fall Of 1986 to incorporate recent changes and to fill the backlog of requests we had received.

MASSACHUSETTS CLEARINGHOUSE OF MUTUAL HELP GROUPS DIRECTORY

The 3rd edition was the first directory of the Massachusetts Clearinghouse of Mutual Help Groups. We have begun to use that title to acknowledge that Massachusetts Cooperative Extension has been carrying out several of the functions of a "self-help clearinghouse" described by Borck and Aronowitz in Prevention in Human Services (Vol. 1, 1981): compilation of information; publication of a directory; and information and referral on mutual help groups.

There were 350 mutual help groups, associations and support networks in our computer database. At least 25 of these listings were reference points for statewide networks of anywhere from 10-100 different chapters or groups. Alcoholics Anonymous, the Compassionate Friends and the Cancer Information Service are examples of such listings in the 3rd Edition. Putting all these numbers together, it is safe to say that we know of over 1,000 groups in the state of Massachusetts in which people who share a common problem or condition are exchanging help with each other.

New Directions for the Clearinghouse in 1989

1989 was a significant year of our clearinghouse. We expanded the Advisory Board and seriously began the process of establishing a firm financial foundation. A newsletter was mailed to over 1200 people; there is a commitment to publish this newsletter four times each year. Workshops and conferences are being planned to support "self helpers" and to establish better interaction between professional services and the network of support provided by the mutual help movement. As of January 1, 1990, the membership of the Advisory Board of the Massachusetts Clearinghouse of Mutual Help Groups consists of:

Bill Berkowitz, Solomon Mental Health Center
Robert Gallant, Highland Valley Elder Services
Gail Lewis, Cen. Mass. Area Health Education Center
Arlena MacPherson, Home Services Connection
John Oliviera, Corrigan Mental Health Center
Warren Schumacher, Cooperative Extension
Ray Silvia, O.R.P.H.A.N.S. Foundation
Phyllis Silverman, Institute of Health Professions
Carol Swenson, Simmons College of Social Work
Ken Thomson, Tufts University
Dave Weed, Corrigan Mental Health Center
Tom Wolff, Area Health Education Center

This publication represents our 4th edition that will be released in May, 1990.

## GUIDELINES FOR GROUP LISTING

We know there are more groups out there we have not yet heard about. Many of the revisions and additions included in this 4th Edition came to us via the postage-paid Directory Response Forms, three of which you will find at the back of this Directory. Please use these to let us know about mutual help groups we have omitted or listed incorrectly. Groups need to fit the following criteria in order to be listed:

A. The group is composed of members having a vested interest in a special life challenge.
B. The group's authority and control rest with the members of the group.
c. The primary source of help and expertise is in the group itself.
D. The group has ongoing meetings
E. Membership in the group is free or requests are made for donations or fees to cover costs of operations.

Using these guidelines, some groups or programs included in the 1st and 2nd Editions have not been listed here because we felt they did not meet the guidelines. We firmly believe that these programs and groups provide essential services, and we intend to make no statement regarding quality or importance by our decision whether or not to list certain groups. Our chief concern is that consumers using this Directory be clear about the services offered and be able to find the mutual help group they seek.

## THE MASSACHUSETTS CLEARINGHOUSE OF MUTUAL HELP GROUPS

The Massachusetts Clearinghouse of Mutual Help Groups can use your letters of support for this Directory and for our continuing efforts to secure funding to expand our clearinghouse activities. Correspondence can be sent to:

Massachusetts Clearinghouse of Mutual Help Groups
c/o Dr. Warren F. Schumacher
Massachusetts Cooperative Extension
Division of Home Economics
113 Skinner Hall
University of Massachusetts
Amherst MA 01003-0099

Telephone: (413)-545-2313

# H O W  T O  U S E  T H I S  D I R E C T O R Y

## Finding Groups

This Third Edition gives you two ways of locating groups, depending on how much you already know about the group(s) you seek:

1. To locate a group in your area for a particular kind of need, look in the Table of Contents at the front of the Directory for the Sub-Category which most closely matches that need. Turn to those listings and look for your county within that Sub-Category. For example, if you want to know the name of a group in Worcester County for mothers of young children, you first look under the Main Category of Parenting. Under Parenting, the Sub-Category dealing with mothers' groups is called Networks. Turn to the pages which list groups under "PARENTING: Networks--" and look under Worcester County, where you will find the names of several groups.

2. To locate a group that you already know by name, look up the name in the Index at the back of the Directory, where you will find the page number of the group's listing. If you do not find your group in the Index, double-check for it in the Table of Contents under the Main Category and Sub-Category headings where it should be listed. Check those Sub-Categories in the Directory. If you still can not find your group, go to the back of the Directory and fill out one of the Directory Response Forms and mail it to us. We will add your group to our database as soon as possible.

In compiling this Directory, we have tried to list all groups in the manner they preferred. Some statewide networks, such as, Parents Anonymous and The Compassionate Friends, which maintain up-to-date information on all their groups, asked that we simply list a single contact number for the whole state. Others, such as Emotions Anonymous, The Ostomy Association, and Mended Hearts, sent us contact names and phone numbers for all of their groups in Massachusetts.

## Reading a Group Listing

All groups are listed alphabetically by (1) Main Category, (2) Sub-Category, and (3) County. Listings for every group in this Directory (except for Hospital Self-Help Groups) follow a standard format. Some group entries will be longer than others if they have more than one Contact Person, several phone numbers or longer statements of purpose. The example of the Alliance for the Widowed on the next page illustrates the group listing format:

BEREAVEMENT: Widowed-- Barnstable
ALLIANCE FOR THE WIDOWED
P.O. Box 1762 Hyannis MA 02601
Ethel Lahteine, President (617)-771-3208
225 Main St.#7, Hyannis, MA 02601
Virginia Greene (617)-775-6689
8 Meadowbrook Rd., W. Yarmouth, MA 02673
To bring together widowed men and women in a social atmosphere and also to help on a one-to-one basis. Meets two Sundays a month.
85/12/30

Explanation of Group Listing Format:
Top Line: MAIN CATEGORY: Sub-Category-- County Name
Second Line: GROUP NAME
Third Line: Group's Mailing Address
Fourth and Fifth Lines: Contact Person #1 with phone number and mailing address.
Sixth and Seventh Lines: Contact Person #2 with phone number and mailing address.
Eighth Line: The group's statement of purpose.
Final Line: Most recent date of contact with this group.

Hospital Mutual Help Groups

This section of this Directory lists the member-run mutual-help groups sponsored by or meeting at those hospitals in Massachusetts which responded to a mail-in request in the fall of 1985. There are, of course, many more hospital-related groups in the Commonwealth, but we felt it was important to list those we did have for this edition of the Directory.

Below is a sample Hospital listing with an explanation:

Marlborough Hospital
Social Service Department
57 Union St.
Marlborough MA 01752

ALZHEIMER'S SUPPORT GROUP
Lucille Killoh, Social Serv. Dept (617)-485-1121
Meets monthly
CANCER SUPPORT GROUP
Same contact as above; meets monthly.
86/02/28

Explanation:

Each hospital listing begins with the hospital's name and address, followed by the names of the groups in capital letters. Under each group name, you will find the person or department to contact for information about that particular group, with a contact phone number. As with all the other group listings in

this Directory, the final line gives the most recent update.

Contacting a Group

To contact a group by mail, please use the Group Mailing Address listed on the third line if it differs from a Contact Person's mailing address. Many groups are coordinated by people in their spare time, and they use a post office box for group mail instead of their home addresses.

To contact a group by phone, call Contact Person #1 first because they are more likely to be able to give you the most helpful information about the group. If unable to reach that first Contact Person, try the second. Many of the contact phone numbers are home phones, so several tries may be necessary. Many self-help groups follow the anonymity principles of Alcoholics Anonymous and do not list Contact People. For each of these, there is a contact phone number you can call.

If a group is not within traveling distance, consider contacting the group for information, literature, networking and advice on starting a local chapter.

If You Do Not Find a Group in Your Area

If you are looking for a mutual help group in your area dealing with a particular need and are unable to find one, please let us know. You can contact the Massachusetts Clearinghouse of Mutual Help Groups by mail at the address shown on page vi or by using the Directory Response Form. We can be reached by phone at (413)-545-2313 (Cooperative Extension at the University of Massachusetts in Amherst: ask for Dr. Warren Schumacher.

We will keep your name, interest and location on file and do our best to connect you with a group or with other individuals who have expressed a similar need.

Information and Referral offices throughout the Commonwealth can be helpful in locating self-help groups. The "Additional Directories" listed at the end of this Directory will provide you with further assistance.

Give serious consideration to starting a new group in your area. The Massachusetts Clearinghouse can provide you with ideas and assistance for getting started as well as linking you with others. Experience has shown that connecting people who have similar needs for a group where no group exists can be like rubbing two sticks together to start a fire. The next section of the directory gives a step-by-step guide to starting your own group.

PLEASE NOTE: The listing of an organization in this directory does not necessarily imply an endorsement of its purpose or quality, nor does any omission signify disapproval.

# S T A R T I N G  A  M U T U A L  H E L P  G R O U P

## Mutual Help Groups: What Are They?

Mutual help (or self-help) groups are groups of people with common concerns who have come together to help themselves and each other by sharing information, experiences and personal solutions. Such groups help participants feel less isolated by providing social support. The idea is that, by pooling experiences and knowledge, participants can greatly increase their personal resources to manage a particular life challenge effectively. The expertise for problem-solving lies in the collective wisdom of the members themselves. Ever since the founding of Alcoholics Anonymous in 1935, mutual help group members have found that in the very process of giving their help to others, they are helping themselves. (Credit to: The Self Help Directory (Sacramento, CA) and The Connecticut Directory of Self Help/Mutual Support Groups.)

## Mutual Help Groups: Who Are They For?

Mutual help groups exist for almost every medical condition, and for most compulsive or addictive behaviors. There are groups for many of the life transitions such as divorce or death our families face. They can also be helpful to people whose physique, or other conditions, set them apart from "the norm", such as people who are unusually tall or parents of twins. There are groups which assist people who have experienced traumas in their past which bother them today. Self-help means a group where openness, informality, friendliness and getting involved are the usual way of doing things. If those qualities sound good, maybe self-help is for you! (Credit to: Helping You Helps Me, by Karen Hill/Health and Welfare Canada and The Self Help Directory, Sacramento, CA)

This directory lists groups which have been in existence anywhere from 50 years (Alcoholics Anonymous) to a few months. Regardless of their age, size or membership, most mutual help groups are started by small groups of people who share a common problem, who have tried other ways of dealing with it and have turned for help to others who share the problem. By working together these people have created their own organizations which give them new hope for living. There are many different effective ways to get a mutual help group started, and every organization has its own unique story to tell. But the experiences of successful groups can be described in seven basic steps, leading up to their first public meeting.

1. Gather a core group of like-minded people

First, you must define as clearly as possible the situation or characteristic you want to do something about. Think about groups or individuals who might share your interest in the problem and make a list of them. Look in this Directory, contact social

service agencies or Information & Referral lines in your area to find out what groups already exist so you will not be "re-inventing the wheel". As you begin telling people about your idea, you'll find others who will want to be part of it.

2. Think mutual help from the start

Some of the people who express an interest in your idea will want to help you organize a group, while others may simply want to join a group once it's established. Ask those who are interested in organizing with you to become part of the "core group". As your core group begins deciding what needs to be done, spread the responsibilities around so everyone is involved. Mutual help groups thrive on shared leadership.

3. Define the purpose, select a name

The group purpose is a statement about what you expect the group to accomplish; the group name is a succinct expression of your purpose. Making this a shared process with your core group will allow members to talk about their own reasons for becoming involved. Clarifying your shared visions by deciding on a purpose statement and a group name will help you talk about your group to the public.

4. Determine membership guidelines

Who can join the group and who cannot? Most mutual help groups are informal. People come and go as their needs are met. But you may need to place some limits on membership and that would mean having to say "No" to some who want to join. Some questions to think about are: Is the group only for people who share the problem or interest? Is it open to their families and friends as well? Are there any geographic or age limits?

5. Find a suitable meeting place

The most commonly-used locations for mutual help group meetings are: churches, YMCA/YWCA's, community centers, senior citizen centers, local libraries, banks, town halls, community colleges, or hospitals (especially if your group is health-related). To find a place, make use of personal contacts members of the group have. Use members' homes only as a last resort: a neutral place allows the shared leadership idea to function more freely. Some members may feel burdened with the responsibility of hosting the meeting.

Your meeting place should be large enough for 15 or 20 people. A kitchen or a sink for making coffee is desirable. Placing chairs in a circle so people can see each other makes for a friendlier atmosphere than a classroom arrangement.

In arranging a meeting place, be sure to communicate that your group is a voluntary non-profit organization intending to provide a service to the public free of charge. Be clear about when and how long your meetings will be and who will be responsible for opening and closing the place.

6. Publicize your first public meeting

A variety of publicity approaches may be useful:

a. Think about where potential members of your group regularly go. Contacting physicians, clergy or other professionals can be useful. Use flyers, personal contact or hand-outs to reach these potential members.

b. Run off flyers about the meeting to post in libraries, hospitals, professional offices, community centers, shopping centers or post offices.

c. Place a free announcement in your local newspaper's community calendar.

d. Use word-of-mouth and personal contact as much as possible. Call people who might be interested and invite them to come. The personal touch helps people feel like they belong.

7. Conduct your first public meeting

Consider which of the following preparations your group will want/need to do: setting up chairs, a resource table, some refreshments; arranging for a speaker or film to highlight your issue; having a couple of core group members to greet people as they arrive; designing a planned agenda to be used flexibly as the meeting progresses.

Begin the meeting by having the members of the core group introduce themselves and their experiences which led to the formation of the group. Tell people about your core group's organizing work thus far and the group's purpose.

Give everyone at the meeting an opportunity to introduce themselves, their interests in the group and to briefly tell their own story. Allow these self-introductions to be optional; do not pressure newcomers to "tell all" at the first meeting. Building a safe atmosphere takes time.

These introductions will raise issues the group can then begin to discuss. Make sure everyone gets introduced before proceeding into a discussion of issues. A person with leadership skills and knowledge of group process is helpful, though not necessary, in facilitating group discussion. If it seems appropriate, try to focus the discussion towards activities and tasks which those in attendance can begin doing. Having something to work on helps people feel a sense of ownership of the group. The sooner people feel that the group belongs to them, the better.

Before the meeting is over, decide a time and place for the next meeting. Also have a sign-up sheet ready for names, addresses and phone numbers: you may want to have people sign this as they arrive. Copy this membership list and, if they consent, send it out to people to encourage between-meeting contacts.

(This section of the Directory is based on material from the New Jersey Self-Help Clearinghouse, Canadian Council on Social Development and the Mental Health Association of Connecticut.)

St Clares · Riverside
MEDICAL CENTER

Self-Help Clearinghouse

Telephone: (201) 625-9565
TDD line: (201) 625-9053

# SOME HELP FOR THE HELPER:

## A GUIDE FOR THE SELF-HELP GROUP CONTACT PERSON

by Barbara White and Pat de la Fuente

As contact person, you are the essential link between someone in need and your self-help group. When a prospective member finally gets the courage to call, your response can make the difference and determine whether or not that person will come to a meeting. You will also be a crucial link to the public at large; your name and phone number will appear on your group's media announcements and flyers. Your responsibilities can seem overwhelming unless you have support - and that's where this Guide comes in.

Designed primarily for the new contact person, we hope this Guide will be useful to experienced contact people as well - and that you will tell us what works for you and what doesn't, so the Guide can be revised to meet your needs.

Some contact people with experience in self-help groups have already given us some good advice, which can be summed up as: "Know yourself." One group leader described the ideal contact person as "patient, compassionate, understanding." Another advised contacts to be "sensitive to other people's needs, but not so overly sensitive that you take their problems home with you." Other groups look for "a good listener - willing to listen to a 40-minute phone conversation;" "someone who knows when to share the load with others in the group;" "someone able to give full attention to a person in crisis." Chances are, if you and your group want you to be a contact person, you already have many of these qualities.

Most groups have found that callers are most comfortable talking with a contact person who shares their problem and is involved in the group. This is especially true of groups that deal with very sensitive issues such as incest, AIDS, child abuse, etc. In some instances it is much more comfortable for the caller to be offered the option of talking with someone of the same sex, age group, or with the same condition or experience, etc. It is advisable that contact people be veterans, which means they have had a good deal of experience dealing with their own situation, which places them in a much better position to be of help to others.

A few groups prefer a professional as the contact person, to determine whether the caller can be helped by the group or requires an alternative such as individual therapy. However, a new person often prefers to talk to someone who has "been there."

If, after doing some soul-searching, you feel that you know yourself and the needs of your group, this guide can help you with some of the basics, such as:

Setting Up a Telephone Contact System
Responsibilities of a Contact Person
Handling Difficult Calls
Preventing Burnout

Pocono Road, Denville, New Jersey 07834

## SETTING UP A TELEPHONE SYSTEM

As always, the best advice is: Don't try to do it alone! Is there a way to rotate coverage of the phones? Can your flyers list two or more phone numbers? The Phone Company has a "call forwarding" service which, although expensive, may make it possible for several members to act as telephone contact people.

### Answering Machines: Pros and Cons

Answering machines are great for taking messages when you are away. They can also give you the opportunity to return calls at your convenience, when you are not busy with personal matters and you have the emotional energy to respond to someone who needs support.

If you do use an answering machine, the message should include:

Your name and the name of your group.
The date, time and place of the next meeting (updated regularly).
The best time for you to return the call.
The name and phone number of another contact person, if available. Try not to crowd the message tape with too much information; it can confuse the caller. And make sure you call back promptly!

But answering machines do have their drawbacks. Some callers are not comfortable leaving messages on machines, especially when talking about personal matters. Others feel that picking up the phone to make the call took tremendous courage, and they become frustrated and discouraged when they hear a recorded message. Nothing can replace a caring human voice and a listening ear.

### Answering Service

Some groups, particularly large organizations with many chapters, employ an answering service or local hotline to be used as the main number for callers seeking information about their group. Although answering services can be efficient, and sometimes offer their services around the clock, they tend to be less personalized than contact people. They lack the firsthand experience with the group and the problem which helps people make the decision of whether or not they want to attend a meeting. Services can, however, offer the names and phone numbers of local members should someone want to talk. Answering services can be costly and they have limitations; however, they are an alternative for groups who receive a lot of calls.

## RESPONSIBILITIES OF A CONTACT PERSON

One experienced contact person described responsibility as "the ability to respond." Your response to callers can include:

listening to them
educating them about your group
encouraging them to come to group meetings
referring them to other resources

### Listening

* **Compliment the courage of the caller . . .** As a self-help group contact person you are often the first person the caller has reached out to and asked for help. Many people find it exceedingly difficult to admit they need help with a problem. To go one step further and ask a stranger for help is clearly a courageous act. To support a caller who may be extremely anxious during this initial contact, it is helpful to compliment the person on having the courage to call.

* **Frequently use the caller's name . . .** If the caller has given you a first name, try to remember it and use it frequently during the telephone conversation. This helps to communicate a sense of caring about the caller and gives the conversation a friendly tone.

* **Be an active listener.** Most of us need a little time before we feel comfortable enough to talk about sensitive issues. Encourage callers to tell their story and express their concerns and feelings without interrupting or pressuring them to get to the point. Bear in mind that sometimes a caller's true concerns will come up later in the conversation.

* **Clarify the person's problem or need.** During the course of the conversation, clarify the caller's problem and expectations. If your group is not likely to meet the caller's expectations let the person know and, if possible, refer them to a more appropriate resource.

* **Share some of your experience.** While sharing experiences is fundamental to self-help, during this initial contact, talk about your own situation only as it relates to the caller's experiences. Refrain from overwhelming callers with the burden of your problems as well as their own.

* **Be clear about your limitations.** Rather than present yourself as an "authority" on the issue, be yourself, another person who shares the caller's problem, and focus on sharing what has worked for you.

* **Follow through on promises.** The credibility of your group is at stake. If you make any promises (e.g. returning the call, sending literature, etc.), try to follow through as soon as possible. If you do not have the time, ask for some back-up from other group members.

### Educating Callers About Your Group

You need to tell callers the purpose of your group and what it does and does not offer. Try to be as accurate as possible. Although you may be very enthusiastic about your group, too much enthusiasm during this initial contact, particularly regarding your group's philosophy or beliefs, can turn people away. Beware of overwhelming your caller.

Try to offer "cautious optimism." Often a caller believes that you and your group can "make it all better." You need to remind the person that the illness grieving problem is an ongoing process which won't go away overnight (or ever), but you can also offer something positive, such as "Now you know that a support group exists, and we are here for you."

Callers will need factual information, such as the date, time and meeting place of your group. They may also have some basic questions such as:

1. What is the purpose of your group? - (e.g. Is the main focus educational; mutual support, social, advocacy)

2. What are the group members like? - (e.g. How many people attend meetings; number of males vs females; average age of members; how long do most members stay with the group)

3. Are the members' problems the same or similar to the caller's concerns? (e.g. How broad is the focus; has anyone experienced the same loss, medical treatment, illness, problem)

4. How does the group work? (e.g. Does it follow a 12-step program; is it facilitated by a professional; how is it structured; does everyone have to talk; are there guest speakers)

## Encouraging Callers to Attend Group Meetings

Since people often get nervous at the prospect of attending a meeting with a group of strangers, your job as contact person is to lessen some of that anxiety and make it possible for them to take that next step. Some useful strategies include:

- **Acknowledging the caller's concerns.** Letting a person know that most people feel nervous about coming to a first meeting can be reassuring to a caller. Offer to meet prospective members at the door of the meeting place a few minutes before the meeting begins to help them get acquainted. Just knowing that you will be greeted by a somewhat familiar person can help a person feel more comfortable.

- **Describe a typical group meeting.** People tend to be more willing to approach new situations if they know what to expect. In describing a typical meeting, include general information and a description of how a meeting works. Reassure the caller that the group respects a person's decision to not participate in group discussions. This is particularly important for people who are anxious about talking in front of groups.

- **Respect a caller's decision to not attend a meeting.** Let callers decide if and when they are ready to come to a meeting and respect that decision. People who are initially hesitant sometimes need to give their situation a little more thought before they're ready to take that next step.

- **Set limits on your availability to listen.** Since a group helps in ways that extend far beyond a phone call, keep in mind that your job is to help people take their next step toward helping themselves . . . . joining a mutual help group.

## Handling Difficult Calls and Helping Callers Through Difficult Situations

Experienced self-helpers understand that "difficult people" are actually just "people experiencing difficulty." These difficulties can be expressed in a variety of ways which may try your patience. Below are some suggestions for dealing with some of these other situations.

1. Unwilling or "unready" to attend a meeting. People dealing with a difficult situation may need to vent their anger and frustration during a contact call. After you have provided a caller with the opportunity to express feelings, the person may be ready to listen to suggestions and information about your group. But sometimes, after a lengthy talk or even several phone calls, a person still may not wish to attend a meeting. At that point, you can say that you cannot provide any more help; emphasize that the group can offer more information and support than you can give over the phone. Don't be surprised if the person calls back at a later time, relieved that someone finally listened, and is now ready to hear about a self-help group.

2. Long Phone Calls. If a caller starts to repeat previous statements or begins bringing up new information not relevant to support group issues, it's time to end the call. A useful technique for this situation is to let the caller know that you think what they are saying is important, so important that it should be saved for the whole group to hear. Another approach is to let the caller know that while you cannot stay on the phone any longer, you will be happy to pick up this discussion at the next group meeting.

3. Phone Calls at Inconvenient Times. If you do not use an answering machine, you may be plagued by inquiries at times when you are least able to focus attention on the caller. One way of dealing with this situation is to gently say "I only have a few minutes to talk right now. I'd be happy to call you black at a later time". If the caller sounds upset, the value of a backup contact person is that you can refer them to another resource. Acknowledge the caller's feelings and needs and offer them the alternative (e.g. "You sound upset and I

understand your need to talk right now. Unfortunately, I was just leaving but let me give you a number of another person that may be able to talk with you now). Always let a caller know that you are sorry that you cannot talk with them at the moment but that you would be very happy to talk with them when you have the time to **really** listen. Be careful not to sound as if you do not care or won't make the time to listen or you may lose a prospective member.

On the other hand, don't berate yourself for not being able to be available all the time. . . ultimately, that perspective leads to burn-out.

4. A Person In Crisis. For most contact people, veterans and newcomers alike, the most difficult caller you may encounter is the person who is suicidal or experiencing an emotional crisis. The call is difficult for a number of reasons, not the least of which is the contact person's concern for "doing the right thing." Keep in mind that as a contact person, it is not your job to provide crisis intervention. Your major goal is to try to calm the caller down so that you can refer them to an appropriate resource or collect enough information (e.g. name and location) to get a local emergency team to the caller.

If faced with a crisis call here are some pointers:

- **Use a calm, reassuring voice.** This can help calm a distraught caller. Gently acknowledge their feelings, "You sound upset. Just take your time and we'll talk when you are ready." or "Why don't you take a couple of deep breaths to make you feel better." Let them know that it's all right that they are upset. Realize that it was probably very hard for them to call a stranger in their time of crisis, and they may even feel a little foolish. Helping the caller to feel more relaxed might enable them to explore with you other support networks they may have, such as family, clergy, mental health centers, or friends. You may ask "Can you talk to a family member about this?" or "Have you considered professional help to get over this rough time?"

- **Be empathetic.** Let the caller know that you understand and care. Make an occasional "MmHmm" so that they know you are listening. Let them do most of the talking.

- **Make referrals.** If they are still in crisis, refer them to local emergency resources (i.e. mental health center, hospital emergency room, police department, or hotline). **If a caller is in imminent danger of committing suicide, it is imperative that you try to find them professional help as quickly as possible.**

- **Know your local resources.** This is not the time to go hunting for information. **Always keep a current listing of local resources near your phone.** It might be a good idea to call the local mental health centers, emergencies rooms and helplines beforehand to find out exactly what kind of services they provide, and how you can use them if you are ever faced with a crisis call.

- **Know your role and accept your limitations.** Many contact people participate in their group because they want to help other people. However, helping people to help themselves is not the same as rescuing. As a contact person, you are probably not trained in crisis intervention. You can listen to the person in crisis, and make referrals, but it is important to acknowledge your limitations to yourself.

5. Referring Callers to Other Resources. As noted above, it is vital to have a list of local resources when dealing with someone in crisis. In addition, you will probably find it helpful to maintain an updated list of community resources such as physicians, social workers, home health aides, etc. The Self-Help Clearinghouse can provide you with a listing of local helplines and other support groups.

6. Dealing with the Media. If your group is large enough, you may be able to have someone else handle phone calls from the media (newspapers, radio and television), while you attend to prospective members. Keep in mind that publicity of any kind is likely to generate a large number of phone calls, and you may be overwhelmed. Don't be afraid to ask

other group members for help.

It is your job to develop rapport with the media, your ability to discuss your issues clearly and enthusiastically will be a great asset to your group.

7. Obscene Phone Calls. The best way to handle an obscene phone call it to hang up. Many times the caller's sole purpose is to get a reaction. If you merely hang up instead of responding or listening, the caller may stop calling. If the caller persists, contact the phone company. Making an obscene call is against the law.

## PREVENTING BURNOUT

Burnout is a serious problem with no easy solutions. However, you can work to organize your group so that no one is unduly stressed. Suggest strategies to prevent burnout include:

* **Have more than one contact person** and rotate the name of the first person listed on any publicity material. This will provide a more even distribution of calls among your contact people with no one serving as the "one and only."

* **Use one telephone number to give out names of contact persons** to call. These names can then be changed every month or so. This way, many members share the responsibility throughout the year.

* **Limit the contact person's length of service.** If your group receives many phone calls it can help to know that you will be rotated off duty after a certain amount of time. Just anticipating the "foreverness" of the duty can accelerate burnout.

* **Develop structured guidelines.** Some groups develop specific guidelines on how to handle certain situations of types of calls (e.g. what to say to the media, how to handle inappropriate callers, how long to talk with any one caller). This policy can relieve the contact person's sense of burden. Sometimes, just having guidelines can help a contact person stay "focused" on a particular issue without having to worry too much about "how should I handle this, or what should I say about that." Written guidelines also ensure a continuity and consistency between contact persons and can serve as a training manual for members new to the job.

* **Share with your group.** As a final point, please keep in sight the fact that you are a member of a support group... people helping people. If you feel overburdened or you are concerned about a particular call, share your feelings with the other members of your group. That's what it's all about.

# A C K N O W L E D G E M E N T S

This Directory of The Massachusetts Clearinghouse of Mutual Help Groups has been revised by Warren Schumacher, Massachusetts Cooperative Extension, Division of Home Economics at the University of Massachusetts at Amherst.

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Answers at Memorial Hall Library, Andover, MA
Connecticut Self Help/Mutual Support Network, New Haven, CT
Westchester Self-Help Clearinghouse, Valhalla, NY
Sacramento Mental Health Association, Sacramento, CA
Elder Services of the Merrimack Valley, Lawrence, MA

And to the many self-help groups, associations and interested professionals who responded to our calls for help by sending information about groups.

# ADDICTIONS

ADDICTIONS: Co-Dependency-- Eastern Mass.
CoDA (CO-DEPENDENTS ANONYMOUS, INC.)
CoDA Intergroup Service Office, 191 Sudbury Rd. Concord 01742
(508)-369-7810 or (617)-259-9624
National Office: Co-Dependents Anonymous, Inc., PO Box 33577
Phoenix AZ 85067-3577 (602)-277-7991 Helen M. Walsh, Admin.
90/04

ADDICTIONS: Alcoholism-- Statewide
ALCOHOLICS ANONYMOUS
639 Granite St., Braintree MA 02184 (617) 843-5300
Cape Cod Hyannis MA (508)-775-7060
Western Mass. Office Holyoke MA 01040 (413)-532-2111
Central Office Boston (617)-426-9444
Central Mass. Office 9090 Madison St. #310 Worcester MA
(508)-752-9000
Assists men and women in obtaining and maintaining sobriety while also helping others to recover from alcoholism. Call any of the above numbers for information about groups in your area.
88/02/09

ADDICTIONS: Alcoholism-- Statewide
AL-ANON FAMILY GROUPS OF MASS.
639 Granite St. Braintree MA 02184 (617)-843-5300
Springfield MA (413)-734-5570
Walpole MA (508)-668-0200
Worcester MA (508)-791-3431
A fellowship of men and women whose lives have been, or are being disturbed by another's compulsive drinking. Call any of the above numbers for information about groups in your area.
88/06/13

ADDICTIONS: Alcoholism-- Statewide
AL-ANON - ADULT CHILDREN
639 Granite St. Braintree MA 02184 (617)-843-5300
Al-Anon, support groups for adult children of alcoholics sponsored around the state. Call for nearest meeting place.
88/05/25

ADDICTIONS: Alcoholism-- Statewide
ALATEEN
639 Granite St. Braintree MA 02184 (617)-843-5300
A part of Al-Anon, Alateen is for teenagers whose lives have been or are being affected by the drinking of a parent or close relative.
88/05/25

ADDICTIONS: Alcoholism-- Middlesex
WOMEN FOR SOBRIETY
Women's Center 46 Pleasant St. Cambridge MA 02139
(617)-354-8807
Support in helping women to maintain sobriety.
89/07/20

ADDICTIONS: Drug-Related-- Statewide
NARCOTICS ANONYMOUS
375 Broadway, Rm.310, Chelsea MA 02150 (617)-884-7709 (Helpline)
SE Mass. Area, New Bedford (508)-991-3360
Western Mass. Area, Springfield (413)-538-7479
Central Mass. Area, Central Mass. (508)-756-2284
Martha's Vineyard Area, West Tisbury (508)-693-7155
South Shore, Randolph (617)-963-7472
A non-profit fellowship or society for men and women who are recovered addicts and meet regularly to help each other stay clean.
90/02/30

ADDICTIONS: Eating-Related-- Barnstable
FREED (FRIENDS ENDING EATING DISORDERS)
87 Queen Ann Lane Cotuit MA 02635
CONTACT: Joyce A. Howard (508)-428-2083
Meets bi-weekly; no fee, but donations accepted.
88/01/15

ADDICTIONS: Eating-Related-- Statewide
OVEREATERS ANONYMOUS
Taped list of meetings in Mass: (617)-641-2303
For meeting information in Western Mass. (413)-783-4198
A self-help program of recovery for compulsive overeaters.
90/02/04

ADDICTIONS: Gambling-- Hampden, Hartford CT
GAM-ANON
Contact Gamblers Anonymous for times and places. (413)-732-7854
Gam-Anon is a fellowship of men and women who are husbands, wives, relatives or close friends who have been affected by the gambling problem.
89/07

ADDICTIONS: Gambling-- Statewide
GAMBLERS ANONYMOUS
1401 State St. Springfield MA (413)-732-7854
Boston MA (617) 739-7322
Gamblers Anonymous N.S.O., P.O. Box 17173, Los Angeles CA 90017
(213) 386-8789
Self-help group for those who seek mutual help to stop gambling. Meetings held throughout the state; information on meetings available through contact number.
88/06/14

ADDICTIONS: Gambling-- Statewide
MASSACHUSETTS COUNCIL ON COMPULSIVE GAMBLING
190 High St. Suite 6 Boston MA 02110
Dorothy A. Corbell, Manager (617)-426-4554
Statewide Hotline 1-800-822-7773 (8:00 a.m. to 5:00 p.m.)
Provides information and education on the prevention and reduction of the illness of compulsive gambling and provides support services to compulsive gamblers and their families.
88/04/27

ADDICTIONS: Sex Addiction-- Plymouth
SEX ADDICTS AND THEIR FAMILIES
PO Box 579 Brockton MA 02403
24 Hour Answering Service (508)-586-9410
12 Step Recovery from Sexual Suffering. Types of groups offered: Victims, male and female from age 5 through adulthood; Offenders, males and females all ages; mothers; fathers; children's groups. Any family member affected by sexual acting out within or without the family. Immediate entry at time of referral. Will take persons in denial.
90/03

ADDICTIONS: Sex & Love Addicts-- Statewide
S.L.A.A.-SEX & LOVE ADDICTS ANONYMOUS
P.O. Box 529 New Town Branch Boston MA 02258
S.L.A.A. N.E. Intergroup P.O. Box 1964 Boston MA 02105
Telephones: Boston - (617)-332-1845 M-F, 10:00-6:00 or
(617)-625-7961
Springfield - Mark, (413)-737-3630
Beth, (413)-736-5231
Northampton - Susan, (413)-586-3884
S.L.A.A. is a self-help fellowship based on the 12 Step program of A.A. Open to people of any age or sexual preference who have an obsessive/compulsive pattern, either sexual or emotional (or both). Call or write for information.
90/01

ADDICTIONS: Smoking-- Eastern Mass., Worcester
SMOKERS ANONYMOUS OF MASSACHUSETTS
For information, call Bob P. (508)-443-5021 (Sudbury MA)
For literature or other information: Smokers Anonymous, 2118 Greenwich St., San Francisco CA 94123 (415)-922-8575
SA is a community of people who have felt the grip of nicotine addiction. We have found a solution, a way to live and grow without nicotine, and we share it freely with each other and with all who wish to join us. Meetings are 1 hour long (Worcester meetings are 1-1/2 hours). No fees or dues, voluntary collection.
90/03

## BEREAVEMENT

BEREAVEMENT: Bereaved Children-- Hampden
COMPASSIONATE FRIENDS, INC.
48 Cobblestone Rd. Longmeadow MA 01106
Sandi Sisitsky (413)-567-8705
Support for people who have experienced the death of parents.
88/01

BEREAVEMENT: Bereaved Parents-- Bristol
PIETA
2 Oak St. Foxboro MA 02035 Contact: Theresa (508)-543-7956
Support for parents who have experienced death of a child of any age. Open to people of all faiths or none.
88/09

BEREAVEMENT: Bereaved Parents-- Essex
HELP OTHER PARENTS ENDURE (HOPE)
Winchester Hospital, Winchester MA 01890 (617)-729-9000 ex.3103
A self-help group that helps families experiencing miscarriage, stillbirth or death within days after birth. Meeting second Wednesday of each month at 7:30 p.m. in the board room.
88/07

BEREAVEMENT: Bereaved Parents, General-- Franklin
BEREAVEMENT SUPPORT GROUP OF FRANKLIN COUNTY
Box 121 Greenfield MA 01302 - Betty Thompson (413)-773-7339
Naomi Kendrick (413)-774-4637
Support for people who have experienced the death of someone close--spouse, child, parent, friend by any kind of cause.
88/07

BEREAVEMENT: Bereaved Parents-- Middlesex
COMPASSIONATE FRIENDS/BEREAVED PARENTS OF CENTRAL MIDDLESEX CO.
(617)-369-5105 or (508)-897-9449
Offers support and friendship to people who have experienced the death of a child. Meets twice a month at the Trinitarian Congregational Church, Concord.
88/05

BEREAVEMENT: Bereaved Parents-- Middlesex
PIETA
14 Richard Rd. Hudson MA 01749
Contact: Catherine (508)-562-3016
36 St. George Ave. Norwood MA 02062
Mrs. Charlotte Baker (617)-769-4185
80 Hazelwood Drive, Norwood MA 02062
Fr. William Wolkovich (617)-762-0979
36 St. George Ave. Norwood MA 02062
Support for parents who have experienced death of a child of any age. Catholic-oriented; open to people of all faiths or none.
88/06/14

BEREAVEMENT: Bereaved Parents-- Statewide
MASS. CHAPTER OF NAT'L SUDDEN INFANT DEATH SYNDROME FOUNDATION
Boston City Hospital 818 Harrison Ave. Boston MA 02118
Mardie Orshak, Pres.
Mary McClain, RNMS, proj. coord. (617)-424-5742; 24 hr. Mass. center for SIDS. Parent Chapter of SIDS Fdn. and Mass. Center for SIDS collaborate to provide one-to-one support to parents who've experienced the sudden unexpected death of an infant. Family support groups meet in Boston, Worcester, Springfield, Greenfield, and other locations as the need arises.
88/01/06

BEREAVEMENT: Bereaved Parents-- Statewide
THE COMPASSIONATE FRIENDS, INC.
34 Lindor Rd. North Reading MA 01864
Thomas O'Hare, Member National Board of Directors (508)-664-4931
Support for bereaved parents and siblings; contact regional coordinators for nearest chapter.
88/02/16

BEREAVEMENT: General-- Essex
SAFE PLACE (The Samaritans of Gr. Lawrence)
55 Jackson St. Lawrence MA 01840
Margaret Serley (508)-688-6607 (Suicide hot line)
Haverhill (508)-372-7200 (24 hours hot line)
Lowell (508)-452-6733 (24 hours hot line)
Newburyport (508)-465-6100 (24 hours hot line)
An organization whose goal is to provide support to those who have lost someone close to them through suicide.
88/06/14

BEREAVEMENT: General-- Hampden
BEREAVEMENT SUPPORT GROUPS
Office of Pastoral Ministry, Diocese of Springfield
625 Carew St. Springfield MA 01104
Sr. Mary Low Gillon (413)-732-3175 ext. 239
Support groups for those who have lost a loved one through death.
88/06/14

BEREAVEMENT: General-- Middlesex
AFFINITY
c/o Omega 270 Washington St. Somerville MA 02143
Evelyn Gladu at above address (617)-625-1920
Deborah Casey (617)-776-6396
For those who have lost a parent, child, sibling, partner, friend or relative through death. Meets twice a month.
88/01-26

BEREAVEMENT: General-- Middlesex
SAFE PLACE
c/o Omega 270 Washington St. Somerville MA 02143
Evelyn Gladu at above address (617)-625-1920
Betty Walsh at above address (617)-776-6369
For those who have experienced the death of someone through suicide. Founded in Somerville in 1978, Safe Place also meets in Andover, Framingham and Falmouth, MA. Meets twice a month.
88/06/14

BEREAVEMENT: General-- Middlesex
EMPATHY
c/o Omega 270 Washington St. Somerville MA 02143
Evelyn Gladu at above address (617)-625-1920
Deborah Casey at above address (617-776-6369
Those who have experienced the death of someone by homicide. Meets twice a month.
88/02/16

BEREAVEMENT: General-- Nationwide
SURVIVORS
East Coast: P.O. Box 363 New London Conn. 06320
West Coast: P.O. Box 134 993 "C" S. Santa Fe Ave. Vista CA 92083
SURVIVORS is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problems and help others to recover from the lasting effects of grief resulting from the death of a loved one.
88/05/25

BEREAVEMENT: Suicide-- Middlesex
FOCUS, COUNSELING AND CONSULTATION, ~~INC~~.
186-1/2 Hampshire St. Cambridge MA 02139
Contacts: Victoria Alexander (617)-277-5593
Mimi Elmer (617)-876-4488
Dorothy Koerner (617)-738-7668
The After Suicide groups are short-term support groups that are co-led by a mental health professional and a survivor of suicide. The groups are open to those who have lost a loved one to suicide. A brochure may be obtained by calling one of the above telephone numbers.
89/08/31

BEREAVEMENT: Widowed-- Barnstable
ALLIANCE FOR THE WIDOWED, INC.
P.O. Box 533 Hyannis MA 02601
(508)-428-2468
To bring together widowed men and women in a social atmosphere and also to help on a 1-to-1 basis. Meets two sundays a month.
88/06/14

BEREAVEMENT: Widowed-- Barnstable
SANDWICH NEW OUTLOOK FOR WIDOWED & SINGLE
c/o Evelyn Mott Clark Haddad Hall Sandwich MA 02563
(508)-477-2369
Support group for widows and widowers.
88/06/14

BEREAVEMENT: Widowed-- Essex
SERVICES FOR WIDOWED PERSONS
Children's Aid and Family Society
69 Summer St. Haverhill MA 01830
Rena Ford (508)-372-8516
Free, ongoing program, open to any widow or widower, includes Transition Group meeting weekly for mutual support and Widowed Lifeline meeting bimonthly for social/educational programs.
88/02/16

BEREAVEMENT: Widowed-- Essex
YOUNG WIDOWS AND WIDOWERS, LTD.
8 Whiffletree Circle Andover MA 01810
Linda Feinberg (508)-475-2857
Non-profit organization holds weekly groups for widowed women and men under 50. Call for meeting times and locations.
88/02/01

BEREAVEMENT: Widowed-- Middlesex
ALPHA
c/o Omega 270 Washington St. Somerville MA 02143
Evelyn Gladu at above address (617)-625-1920
Deborah Casey at above address (617)-776-6369
A group for widowed persons concerned about rebuilding thir lives after the death of a spouse.
88/01/14

BEREAVEMENT: Widowed-- Middlesex
WIDOWED-TO-WIDOWED
c/o Omega 270 Washington St. Somerville MA 02143
Evelyn Gladu (617)-625-1920 Deborah Casey (617)-776-6369
A group for men and women who have lost a spouse through death.
88/01/26

BEREAVEMENT: Widowed-- Middlesex
THE WIDOWED TO WIDOWED PROGRAM
c/o Woburn Senior Center Veterans Memorial Senior Center
144 School St. Woburn MA 01801 Suzanne Ray (617)-935-5329
Organized in fall of 1981 as a service to the recently widowed of Woburn. The program reaches out to widows and widowers via telephone calls and/or home visits. Also monthly support group held at center.
88/02/11

BEREAVEMENT: Widowed-- Middlesex
WIDOW/WIDOWERS OUTREACH PROGRAM
St. Matthias Church 409 Hemenway St. Marlborough MA 01752
Pauline Hoaglund (508)-485-8304
Ongoing program meets the 2nd and 4th Tuesday evenings of the month. Open to any widow or widower free of charge. Facilitated by a nurse and a lay minister, both trained in bereavement.
88/01/11

BEREAVEMENT: Widowed-- Norfolk
WIDOW & WIDOWER SUPPORT GROUP
Council on Aging Senior Center 44 Edgehill Rd. Milton MA 02186
Evelyn Blumberg (617)-698-4888
Ongoing program meets once a month on the third Wednesday afternoon. Open to any widow or widower. List of monthly topics available from the Senior Center.
88/01/25

BEREAVEMENT: Widowed-- Norfolk
OUTREACH TO THE WIDOWED
Needham Community Council, Inc. 51 Lincoln St. Needham MA 02192
M.C. & Bill Sweet (617)-444-1080
Ongoing program, open to any widow or widower free of charge, meets twice a month on 2nd and 4th Monday mornings. Supportive, caring group which shares problems of being single, facing life without a spouse.
88/06/14

BEREAVEMENT: Widowed-- Norfolk
HELPING OTHER WIDOWS/WIDOWERS (H.O.W.)
Old South Union Church 25 Columbian St. S.Weymouth MA 02190
Karen Black (617)-332-8377
Rosemary MacKay (617)-337-7011 ext. 795
Ongoing program, open to any widow or widower, run by widowed people with chaplain at South Shore Hospital as advisor. Meets 1st and 3rd Tuesday.
88/06/14

BEREAVEMENT: Widowed-- Norfolk
WIDOWERS SELF HELP GROUP
30 South St. Foxboro MA 02035
Bruce or Margaret Roberts (508)-543-5471
Group designed to create an atmosphere where people who have experienced a death of a spouse can begin to process their grief and build bridges from past life of being married to new life of being single.
88/06/14

BEREAVEMENT: Widowed-- Norfolk
WOMEN ALONE
30 South St. Foxboro MA 02035
Margaret or Bruce Roberts (508)-543-5471
Group designed to create an atmosphere where people who have experienced a death of a spouse can begin to process their grief and build bridges from past life of being married to new life of being single. Meetings held weekly.
88/06/14

BEREAVEMENT: Widowed-- Norfolk
WIDOWED LIFELINE
c/o Cutler Counseling Cen. 10 Cottage St. Norwood MA 02062
Louise Cronen LICSW (617)-762-6592
Social support group for widowed people. Weekly program meetings are held and many outside social events are scheduled.
88/06/14

BEREAVEMENT: Widowed-- Plymouth
WIDOWS/WIDOWERS SUPPORT GROUP
c/o Council on Aging 130 Court St. Plymouth MA 02360
Contact: Hope R. Cole, Coordinator (508)-746-4030
To enable widowed persons to cope, to build new friendships, to be aware of all entitlements, to foster good health and primarily to alleviate loneliness.
88/06/14

BEREAVEMENT: Widowed-- Worcester
CHALLENGE GROUP
c/o United Church of Christ 6 Institute Rd. Worcester MA 01608
Ruth M. Raymus, President (508)-752-3768 or (508)-752-3785
Social group for widowed men and women; meets monthly.
88/06/14

## DISABILITIES

DISABILITIES: All Disabilities-- Statewide
INFORMATION CENTER FOR INDIVIDUALS WITH DISABILITIES (ICID)
Fort Point Place, First Floor, 27-43 Wormwood St. Boston MA 02210-1606 (617)-727-5540 or 1-800-462-5015/MA Voice/TDD
Phone lines are answered from 10:00 to 4:00 weekdays. Afterhours, machine records messages, calls are returned the next working day. Information and referral software program on disabilities services in MA including mutual support groups, recreation, counseling, personal care, etc., developed by ICID and New England Index. Approximately 4,000 programs listed in our database.
90/02

DISABILITIES: Blind/Vision Impaired-- Middlesex
BLIND CHILDREN'S FUND (formerly International Institute for Visually Impaired) Sherry Raynor, Pres. (617)-332-4014
230 Central St. Auburndale MA 02166-4014
Central coordinating agency and information center for teachers, parents and others concerned with the early development and education of visually impaired pre-school children and/or their families.
88/02/11

DISABILITIES: Blind/Vision Impaired-- Middlesex
VISION FOUNDATION, INC.
818 Mt. Auburn St. Watertown MA 02172
Marshall Weimann (617)-926-4232 or 1-800-852-3029
To provide I&R, emotional support, outreach, elder services and publications to those coping with sight loss, newly blind or with progressive eye conditions. Contact for referral to one of 22 self-help groups in Mass.
88/02/11

DISABILITIES: Cerebral Palsy-- Middlesex
CHALLENGED TEENS IN ACTION
UCP Assn. of Metro Area 71 Arsenal St. Watertown MA 02172
Ida R. Brown (617)-926-5480
Leslie Morris (617)-884-2900
Social and recreational club for physically handicapped 13-20 year olds. Open to all teens able to attend.
88/02/11

DISABILITIES: Cross-Disability-- Barnstable
CAPE ORGANIZATION FOR RIGHTS OF THE DISABLED (CORD)
P.O. Box 954 Hyannis MA 02601
Bill Henning (508)-771-1727 22 Cahoon Ct., Falmouth MA 02540
Self-advocacy organization working for the rights of all people with disabilities. Fighting for improved health insurance, independent living, improved architectural access, and better services for deaf consumers. 88/02

DISABLITIES: Cross-Disability-- Statewide
MASS. COALITION OF CITIZENS WITH DISABILITIES (MCCD)
80 Boylston St. Suite 355 Boston MA 02116 (617)-482-1336
Self-advocacy organization working for the rights of all people with disabilities. Some local groups in Massachusetts:
Berkshire Self-Advocates 442 North St. Pittsfield MA 01201
Contact: June Hailer (413)-442-7047
Southeast Chapter MCCD 145 Old Second St. Apt. 304E Fall River MA 02721 Nancy Dube
Whaling City Raiders Greater New Bedford ARC 247 Smith St. New Bedford MA 02740 George Ray Gagne (508)-996-8551
North Shore Self Help Group, Inc. John Winske, Exec. Dir.
Open Door Club ARC-Hampshire County Branch 160 Main St.
Northampton MA 01060 Carl Cignoni (413)-586-0109
Handicapped Affairs Committee 160 Andover St. Wilmington MA 01887 Larry Curtis
Merry Macs, Inc. 11 Marsh St. Lowell MA 01854 Bill Martineau
Greater Framingham Association of Disabled Citizens, Inc.
c/o Bethany Hospital 97 Bethany Rd. Gramingham MA 01701
Sr. Ellenita Lynch at Bethany Hospital (508)-875-8165
Task Force on Handicapped Issues 51 Linden St. Everett MA 02149 Dave Moran
Boston Self-Help Center, Inc. (617)-277-0080
Denise Karuth Exec. Director
South End Self Advocates 80 West Dedham St. #1812 Boston MA 02118 Dorothy Johnson
East Boston Citizen Advocates for the Rights of Disabled
89 Condor St. East Boston MA 02128
Peter G. Cernada (617)-567-1922
Citizens to Remove Architectural & Attitudinal Barriers, Inc.
PO Box 13 Fitchburg MA 01420
Terry Turbide (508)-342-1301
89/08/20

DISABILITIES: Cross-Disability-- Statewide
MASS. ASSOCIATION OF INDEPENDENT LIVING CENTERS (508)-687-4288
Provides I&R, advocacy, housing referral, personal care, transportation assistance for people with various disabilities or multiple handicaps as well as self-help groups and peer counseling. Centers and programs in Massachusetts include:
The northeast Independent Living Program, Inc. 130 Parker St.
Lawrence MA 01843 (508)-687-4288
Director: Charles Carr. Serves Merrimack Valley and portions of Northeast Mass.
Ad Lib 442 North St. Pittsfield MA 01201 (413)-442-7047
Director: Bill Cavanaugh. Serves Berkshire County
Boston Center for Independent Living 50 New Edgerly Rd. Boston MA 02115 (617)-536-2187 (voice) or 266-6140 (TTY)
Director: Bob Wiliams. Serves Boston/Metro Boston

(Cont. on next page)

Framingham Center 869 Concord St. Framingham MA 01701
(508)-875-7853
Director: Bob Bailey. Serves Worcester County
Independence Associates 55 City Hall Plaza Brockton MA 02401
(508)-559-9091
Director: Eric Griffin. Serves South Shore & Cape
ILP of the North Shore 583 Chestnut St. Lynn MA 01904
(617)-593-7500
Serves North Shore/Cape Ann
Southeast Center for IL 170 Pleasant St. Fall River MA 02721
(508)-679-9210
Director: Cheryl Finnerty. Serves Fall River/N. Bedford area
Stavros Foundation 691 South East St. Amherst MA 01002
(413)-256-0473
Director: John Svoboda. Serves Hampden, Franklin, Hampshire Counties
D.E.A.F., Inc. 215 Brighton Ave. Allston MA 02134
(617)-254-4041
Director: Bob Dantona. Serves deaf individuals only
Renaissance Club 21 Branch St. Lowell MA 01854 (508)-454-7944
Director: Larry Urban. Serves Mental Health needs only
89/08/20

DISABILITIES: Cross-Disability-- Hampden
DISABLED OF WESTERN MASS., INC.
P.O. Box 2144 Springfield MA 01101-2144
Mrs. Underhill (413)-739-6033
117 Birch Park. Cir. West Springfield MA 01089
Mr. Willie Bates (413)-733-9262
414 Chestnut St. Springfield MA 01104
Generate public awareness of needs of the disabled, enhance social life of disabled people, secure the same rights and privileges as able-bodied.
88/06/14

DISABILITIES: Cross-Disability-- Norfolk
DEAF-BLIND CONTACT CENTER
299 Newport Ave. #5 Wollaston MA 02170
Jean healy, Director (617)-770-0278 (voice) 770-0262 (TTY)
An advocacy and information center by and for deaf-blind people.
88/01/20

DISABILITIES: Cross-Disability-- Norfolk
STOUGHTON ASSOCIATION FOR EXCEPTIONAL CITIZENS
P.O. Box 153 Stoughton MA 02072
Lynn Gaylord (617)-344-0865
Social and recreational programs for physically and mentally handicapped children, young adults and adults. Informational and supportive programs for parents, guardians and friends.
88/02/22

DISABILITIES: Cross-Disability-- Norfolk
THE ASSOCIATION FOR PERSONS WITH SEVERE HANDICAPS (TASH-MA-NE)
Massachusetts Committee-New England Chapter
c/o Martin M. Sawzin, Ph.D. 37 Perry St. Brookline MA 02146
(617)-277-2539
Quality integration, education and employment for persons with handicapping conditions that severely limit social development and integration.
88/02/22

DISABILITIES: Cross-Disability-- Plymouth
LIFE--LIVING INDEPENDENTLY FOR EQUALITY
P.O. Box 2356 Brockton MA 02403
Rae Zuckerman (508)-587-4651 (508)-586-5759
Support, information, activities for people with disabilities in Brockton area. Drop-in center open Tuesdays and Thursdays, 10-4.
88/02/22

DISABILITIES: Deaf/Hearing Impaired-- Barnstable
CAPE COD CLUB FOR THE DEAF/HEARING IMPAIRED
P.O. Box 162 South Chatham MA 02659 (508)-432-4539 TDD
Pauline Clark, Pres. Stephanie Clark, Secretary
To foster development of social activities for deaf and hearing impaired on Cape Cod; expand the role of rehab services for deaf/hearing impaired; provide for involvement of deaf/hearing impaired in civic and religious affairs.
88/02/11

DISABILITIES: Deaf/Hearing Impaired-- Statewide
MASSACHUSETTS COMMISSION FOR THE DEAF AND HARD OF HEARING (MCDHH)
Eastern Mass: 600 Washington St., Suite 600 Boston MA 02111
(800)-882-1155 TDD/V or (617)-727-5106 TDD/V
Central Mass: 22 Front Street PO Box 8210 Worcester MA 01614
(508)-755-4084 TDD/V
Western Mass: 1694 Main St. Springfield MA 01103
(413)-788-6427 TDD/V
The Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH) is a commission under the Executive Office of Human Services, which serves as the principal agency in the state on behalf of deaf and hard of hearing people. For more complete listing of services, see appendix.
90/01

DISABILITIES: Deaf/Hearing Impaired-- Statewide
SELF HELP FOR HARD OF HEARING PEOPLE, INC. (SHHH)
SHHH is a volunteer international organization of hard of hearing people, their relatives and friends, with many local chapters and groups in Massachusetts. SHHH is a non-profit, non-sectarian educational organization devoted to the welfare and interest of those who, while not deaf, cannot hear well. Contact the Massachusetts SHHH Coordinator for information on local chapters and groups. (listed below)

Massachusetts SHHH Coordinators:

Charlie Colby, 195 East Squantum St., Quincy MA 02171 (617)-328-6100 V/TDD

Helen Fleming, 408 Broadway St., #204 Lynn MA 01904 (617)-592-6936

Massachusetts SHHH Chapters and Groups:

Amherst - Meets 10:00-11:00 a.m. on the second Monday of the month at Bangs Community Center, Boltwood Walk, Amherst MA 01002. No meetings in July and August. Contact: Rose Keschl 67 Amity Place Amherst MA 01002 (413)-549-1618

Boston - Meets 7:30-9:30 p.m. on the second Monday of the month at Boston Guild for the Hard of Hearing 283 Commonwealth Ave. Boston MA 02115. No meetings in July and August. Contact: Charlie Colby 195 East Squantum St. Quincy MA 02171 (617)-328-6100

Duxbury - Meets 10:00 a.m. to 12:00 noon the first Saturday of the month at Community Building Island Creek Village 30 Tremont St. Duxbury MA 02331. Contact: Rev. Jim Williamson Island Creek Village 30 Tremont St. 14G Duxbury MA 02331 (617)-934-6712

Lowell - Meets 7:30-9:30 p.m. on the third Tuesday of the month at First United Baptist Church 99 Church St. Lowell MA 01852. Contact: Reggie Krystyniak 20 Miriam Lane Lowell MA 01852 (508)-458-3716

South Shore - Meets 2:00-4:00 p.m. on the third Sunday of the month at Cardinal Cushing Hospital (X-ray Conference Room) 235 North Pearl St. Brockton MA 02401. No meetings in July or August. Contact: Dorothea Shea 110 Furnace Brook Parkway Quincy MA 02161 (617)-328-4995

Southbridge - Meets 7:00-9:00 p.m. on the first Monday of the month at Elm Street Congregational Church Elm St. Southbridge MA 01550. Does meet in July and August. Contact: Laura Brewster RR1, Box 130 Gaumond Rd. Grosvenordale CT 06255 (203)-923-9090

Worcester - Meets 7:30-9:30 p.m. on the third Monday of the month at St. Francis Home 101 Plantation St. Worcester MA 01604. No meetings in July and August. Contact: Christina Whitney 2 Stockton St. Worcester MA 01604 (508)-792-0085

National SHHH - Those wishing to start their own group, order the SHHH Journal and/or join the national organization may write or call: SHHH 7800 Wisconsin Avenue Bethesda MD 20814 (301)-657-2248 V or (301)-657-2249 TDD.

89/08/01

DISABILITIES: Deaf/Hearing Impaired-- Statewide
D.E.A.F., INC.
Frederick C. Schreiber Cen. 215 Brighton Ave. Allston MA 02134
(617)-254-4041 (voice & TTY) Robert Dantona, Exec. Director
Provides independent living services, evaluation unit, education and training, TTY/Telephone Relay Service, Project ALAS (for Latinos), and job development.
88/05/25

DISABILITIES: Head/Spinal Cord Injury-- Hampden
THE MASS.ASSOC. OF SPOUSES WITH BRAIN INJURED PARTNERS
119 Westfield Road Holyoke MA 01040
Tom Broderick (413)-532-9272
Support group for spouses of brain injured partners. Monthly social meetings provide support and information.
Meets 3rd Wednesday of each month.
89/06/01

DISABILITIES: Head/Spinal Cord Injury-- Hampden
YOUNG INDEPENDENT ADULT CLUB
Mass. Easter Seals Society
380 Union St. West Springfield MA 01089
Martha Kerson (413)-734-6434
Support group for brain-injured 18-35 year olds, emphasizing education and social networking. Monthly meetings held from September to June.
88/02/11

DISABILITIES: Head/Spinal Cord Injury-- Statewide
MASS. CHAPTER OF THE NATIONAL HEAD INJURY FOUNDATION, INC.
217 South St. Waltham MA 02154 (617)-431-7032
National Head Injury Foundation (508)-879-7473
P.O. Box 567 Framingham MA 01701
Offers help and support to families with head-injured members as well as advocacy, public education, research.
88/01/16

DISABILITIES: Head/Spinal Cord Injury-- Suffolk
MASSACHUSETTS ASSOCIATION OF PARAPLEGICS
P.O. Box 153 Jamaica Plain MA 02130
Vivienne S. Thomson (at above address) (617)-522-0495
Suzanne Donahue (508)-256-9160
20 Wildes Rd. Chelmsford MA 01824
Group of consumers with spinal cord injuries who work for removal of attitudinal and architectural barriers. Belong to National Spinal Cord Injury Assn.
88/02/18

DISABILITIES: Learning Disabled-- Middlesex
MASS. ASSOC. FOR CHILDREN & ADULTS WITH LEARNING DISABILITIES
P.O. Box 28 West Newton MA 02165
Contact: Teresa Citro (617)-891-5009
Provides advocacy, information and referral, education and self-help. Referral agency. Will answer all questions.
90/08

DISABILITIES: Primarily mental retardation-- Franklin
THE PIONERR CLUB
Franklin County ARC 213 Silver St. Greenfield MA 01301
Leslie Kinney (413)-773-3748; 773-3881
Mass Coalition of Citizens With Disabilties (508)-682-1336
18 Boylston Rd. Suite 950 Boston MA 02116
The Pioneer Club is a self-advocacy group for adults with mental retardation. It is not currently affiliated with MCCD. It is sponsored by the Franklin County ARC.
88/06/14

DISABILITIES: Mental Retardation-- Statewide (REV)
MASSACHUSETTS DOWNS SYNDROME CONGRESS
69 Dexter St. Milton MA 02186
Joseph W. McNabb, president (617)-696-1187(home) 296-8300(work)
Support, information, networking for families of persons with Downs syndrome and providers of service. A statewide, non-profit organization.
88/06/14

DISABILTIES: Severely Disabled-- Southeastern Mass.
SOUTHEAST CENTER FOR INDEPENDENT LIVING, INC.
170 Pleasant St. 3rd Floor Fall River MA 02721
Cheryl A. Finnerty, Exe. Director (508)-679-9210 (voice/TDD)
Provides services: peer counseling, information and referral, advocacy training, housing referrals, emergency assistance, and skills training.
88/04/28

## DOMESTIC VIOLENCE

DOMESTIC VIOLENCE: Battered Women-- Statewide
MASSACHUSETTS COALITION OF BATTERED WOMEN SERVICE GROUPS
107 South St. Boston MA 02111 (617)-426-8492
Resource center for information about groups in Mass. working to support battered women.
88/02/11

DOMESTIC VIOLENCE: Battered Women & Their Children-- Barnstable
INDEPENDENCE HOUSE
Family Resource Center Hyannis MA
Chuck Madansky (508)-771-6507 or (508)-255-3564
Provides shelter, support and information to battered women. New children's project includes assessments and support groups for children living with domestic violence.
88/02/02

DOMESTIC VIOLENCE: Battered Women-- Berkshire
WOMEN'S SERVICES CENTER
146 First St. Pittsfield MA (413)-443-0089 or 499-2425
Provides shelter, support and information to battered women.
88/02/02

DOMESTIC VIOLENCE: Battered Women-- Bristol
NEW HOPE
Attleboro MA (508)-695-2113
Taunton MA (508)-824-4757
Norwood Hot Line (617)-762-1530
Provides shelter, support and information to battered women.
88/02/02

DOMESTIC VIOLENCE: Battered Women-- Bristol
NEW BEDFORD WOMEN'S CENTER BATTERED WOMEN PROJECT
New Bedford MA
Program Manager B. W. P. Dorothy Berrios (508)-992-4222
Provides shelter, support and information to battered women.
88/02/12

DOMESTIC VIOLENCE: Battered Women-- Bristol
WOMEN'S CENTER
386 Stanley St. Fall River MA 02720
Sabrina Gentle Warrior, Director (508)-675-0087
Provides counseling, support groups and special services to victims of domestic violence.
88/02/12

DOMESTIC VIOLENCE: Battered Women-- Essex
WOMEN'S RESOURCE CENTER
Lawrence MA Sheryl Schrepf (508)-685-2480
Haverhill MA (508)-373-4041
Provides shelter, support and information to battered women.
88/06/14

DOMESTIC VIOLENCE: Battered Women-- Essex
NEWBURYPORT CRISIS CENTER
Newburyport MA Pamela Clough (508)-465-2155
Provides shelter, support and information to battered women.
88/02/19

DOMESTIC VIOLENCE: Battered Women-- Essex
HELP FOR ABUSED WOMEN & THEIR CHILDREN (HAWC)
Salem MA (508)-744-6841
Provides shelter, support and information to battered women.
88/03/02

DOMESTIC VIOLENCE: Battered Women-- Franklin
NEW ENGLAND LEARNING CTR. FOR WOMEN IN TRANSITION (NELCWIT)
Greenfield MA Mary Kociela (413)-772-0806 (24 hour hot line)
Provides shelter, support and information to battered women.
NELCWIT also is a rape crisis center and has a program for women in transition and victims of battering, rape and incest.
88/01/22

DOMESTIC VIOLENCE: Battered Women-- Hampden
ARCH, ABUSE AND RAPE CRISIS HOTLINE
P.O. Box 80632 Springfield MA 01138
Louis R. Martiner (413)-733-1588 or (413)-733-7100 (Hotline)
Provides shelter, support and information to battered women.
Counseling, legal advocacy, medical advocacy, crisis service for rape victim.
88/03/15

DOMESTIC VIOLENCE Battered Women-- Hampden (New)
ARCHWEST
P.O. Box 1835 Westfield MA 01086
(413)-562-5739 (office) (413)-562-1920 (hotline)
Provides shelter, support and information to battered women.
88/02/10

DOMESTIC VIOLENCE: Battered Women-- Hampden
WOMENSHELTER/COMPANERAS
Holyoke MA
Heather Johnson (413)-536-1628
Provides shelter, 24 hour hotline, legal advocacy support and information to battered women.
88/02/10

DOMESTIC VIOLENCE: Battered Women-- Hampshire
NECESSITIES/NECESIDADES
Northampton MA
Dorothy Green (413)-586-5066
Provides shelter, support and information to battered women.
88/02/11

DOMESTIC VIOLENCE: Battered Women-- Middlesex
ALTERNATIVE HOUSE
Lowell MA (508)-454-1436
Provides shelter, support, advocacy and information to battered women.
88/02/16

DOMESTIC VIOLENCE: Battered Women-- Middlesex
WALTHAM BATTERED WOMEN SUPPORT COMMITTEE
Waltham MA
Executive Director, Christine Fenno (617)-899-8676
Provides shelter, support groups, advocacy and information to battered women. 24 hour hot line.
88/01/28

DOMESTIC VIOLENCE: Battered Women-- Middlesex
TRANSITION HOUSE
Cambridge MA (617)-661-7203
Provides shelter, support and information to battered women.
88/02/04

DOMESTIC VIOLENCE: Battered Women-- Middlesex
RESPOND
Somerville MA (617)-623-5900
Provides shelter, individual counseling, group support, housing advocacy, welfare advocacy, and legal information to battered women.
88/01/20

DOMESTIC VIOLENCE: Battered Women-- Middlesex
WOMEN'S CENTER
46 Pleasant St. Cambridge MA 02139 (617)-354-8807
Support group for battered women. Support in dealing with problems associated with battering.
89/07/30

DOMESTIC VIOLENCE: Battered Women-- Norfolk
NEW HOPE
Norwood MA Teresa M. Cuff (617)-762-1530
Provides shelter, support, legal advocacy and information and referrals to battered women.
88/02-02

DOMESTIC VIOLENCE: Battered Women-- Norfolk
DOMESTIC VIOLENCE ENDED (DOVE)
P.O. Box 287 Quincy MA 02269
Rosemary Kirwin (617)-471-1234 Hotline or (617)-471-5087
Provides domestic violence shelter, hotline, counseling, and information to battered women.
88/03/17

DOMESTIC VIOLENCE: Battered Women-- Plymouth
WOMANPLACE
Brockton MA Noreen Kelly (508)-588-2041
Provides shelter, support, 24 hour hotline, counseling, legal advocacy, and information to battered women.
88/03/29

DOMESTIC VIOLENCE: Battered Women-- Plymouth
SOUTH SHORE WOMEN'S CENTER
Plymouth MA Linda S. Rudnick (508)-746-2664
Provides shelter, support and information to battered women.
88/02/10

DOMESTIC VIOLENCE: Battered Women-- Suffolk
NATIVE WOMEN AGAINST VIOLENCE
Jamaica Plain MA Emily w. Stamps (617)-232-0343
Provides shelter, support and information to battered women (Native American and their children).
88/01/22

DOMESTIC VIOLENCE: Battered Women-- Suffolk
HARBOR ME
P.O. Box 191 Chelsea MA 02150
Jennifer Rosa (617)-889-2111 (hotline) and 884-8974 (office)
Provides shelter, support and information to battered women.
88/01/04

DOMESTIC VIOLENCE: Battered Women-- Suffolk
F.I.N.E.X. HOUSE
Dorchester MA (617)-288-1054
Provides shelter, support and informtion to battered women.
88/06/14

DOMESTIC VIOLENCE: Battered Women-- Suffolk
ELIZABETH STONE HOUSE
P.O. Box 15 Jamaica Plain MA 02130
Claire Rosano (617)-522-3147
The Elizabeth Stone House is a residential mental health alternative for women. Provides shelter, support and information to battered women.
88/02/13

DOMESTIC VIOLENCE: Battered Women-- Suffolk
CASA MYRNA VASQUEZ
Boston MA (617)-262-9581
Provides shelter, support and information to battered women.
88/06/14

DOMESTIC VIOLENCE: Battered Women-- Suffolk
RENEWAL HOUSE
Boston MA Carolyn Turner (617)-566-6881
Provides shelter, support and advocacy information to battered women.
88/01/22

DOMESTIC VIOLENCE: Battered Women-- Worcester
WOMEN'S RESOURCES
Fitchburg MA Rose M. Milligane (508)-342-9355
Provides shelter, support and information to battered women.
88/06/14

DOMESTIC VIOLENCE: Battered Women-- Worcester
DAYBREAK
Worcester MA (508)-755-9030
Provides shelter, support and information to battered women.
88/06/14

DOMESTIC VIOLENCE: Sexual Abuse-- Hampshire
PARENTS OF SEXUALLY ABUSED CHILDREN
Children's Aid & Family Service
8 Trumbull Rd. Northampton MA 01060
Sally Edelstein (413)-584-5690
To provide support during a particularly stresful period for parents whose children have been sexually abused.
88/05/29

DOMESTIC VIOLENCE: Sexual Abuse-- Middlesex
WOMEN'S CENTER
46 Pleasant St. Cambridge MA 02139 (617)-354-8807
Discussion groups for incest survivors. Support for learning to be a survivor rather than a victim of child abuse.
89/07/20

DOMESTIC VIOLENCE: Sexual Abuse-- Plymouth
SURVIVORS OF SEX ADDICTS
P.O. Box 579 Brockton MA 02403
Mary Devlin (508)-586-9410 169 Shore St. Marshfield MA
Terry Flynn (508)-584-0980 DSS 143 Main St. Brockton MA 02401
To provide self-help for sexually abused children and their families as well as for adult survivors, both male and female.
88/01/28

DOMESTIC VIOLENCE: Sexual Abuse-- Statewide
PARENTS UNITED
c/o MSPCC, 3 Hawthorne Blvd. Salem MA 01970
Phillip A. Mann (508)-744-2910
Coordinator of Western Region: Mark Dubeck, 1365 Main St., Springfield 01103 (413)-787-1794
A chapter of a national self-help organization for sexually abused children and their families, adults molested as children, including male and female victims, non-victims and offenders.
90/03

DOMESTIC VIOLENCE: Sexual Abuse-- Statewide (REV)
PARENTS UNITED
c/o Mass. Society for the Prevention of Cruelty to Children
43 Mt. Vernon St. Boston MA 02108
Loretta W. Kowal, Executive Director (617)-227-2280
David S. Robinson, Dir. of Planning & Research (617)-227-2280
Parents United groups are professionally facilitated self-help groups for child sexual abuse offenders to supplement, not replace, treatment.
Chapters in Framingham, Springfield, Malden and Jamaica Plain.
Salem and Lawrence for information: (617)-227-2280
Self-help groups are also available throughout Massachusetts for victims of sexual abuse, adults molested as children, mothers of sexual abuse victims and parents of children victimized outside their home.
For information: (617)-227-2280
88/1/26

DOMESTIC VIOLENCE: Sexual Abuse-- Statewide
SURVIVORS OF INCEST ANONYMOUS (S.I.A.)
PO Box 21817 Baltimore MD 21222-6817 (301)-282-3400
SIA uses the 12 steps adapted from AA and a format of anonymous sharing to provide a safe way to bring up what happened and how it affects us today, and to find strength, hope, understanding and support. If you were sexually abused as a child or as a vulnerable adult, these meetings are for you. For copies of a meeting list, send a self-addressed stamped envelope to: New England SIA, PO Box 263, Dorchester MA 02124. For a recording of meeting times in New England, call (617)-628-6419.
90/03

## HEALTH

HEALTH: A.I.D.S.-- Middlesex
AIDS FAMILY SUPPORT GROUP
Cambridge-Somerville MHC Area Office
12 Maple Ave. Cambridge MA 02139
Catherine Amory (617)-491-0600
Self-help group for family members of AIDS patients meets twice a month (first and third Thursdays, 7:30-9:30). Free and open-ended; co-sponsored by OMEGA and AIDS Action.
88/01/19

HEALTH: A.I.D.S.-- Suffolk
AIDS ACTION COMMITTEE
661 Boylston St. Boston MA 02116
Pat, Mental Health Coord. (617)-437-6200
Does intake and referral to variety of support groups for: people with AIDS; people with ARC; friends & lovers of PWA's; bereavement groups for women at risk, Hispanics, and HIV positive. Call for information.
88/01/21

HEALTH: Alopecia Areata-- Norfolk
NATIONAL ALOPECIA AREATA FOUNDATION: BOSTON CHAPTER
P.O. Box 2074 West Peabody MA 01960-7074
Nancy Clark, President (617)-843-5583
19 Staten Road Braintree MA 02184
Peer group support for those who suffer the loss of their hair. Monthly meetings provide a safe ground for emotional, social, cosmetic and medical issues surrounding alopecia areata and its variants.
88/02/09

HEALTH: Alzheimer's/Caregivers-- Barnstable
CAPE COD ALZHEIMER'S DISEASE ASSOCIATION
ADRDA One Kendall Square Building 600 Cambridge MA 02139
Audrey Nesbit, Office Manager
ALZHEIMER'S Helpline: (617)-494-5150
Marie Healy, Chatham group (508)-945-1501
Rev. George Welles, Mid-Cape group (508)-398-3462
Dee Rogers, Falmouth group (508)-548-3800
Dr. Mary Burres, East Sandwich group (508)-888-4791
A nationwide non-profit organization committed to education, advocacy, and support for families of people with Alzheimer's disease.
88/06/14

HEALTH: Alzheimer's/Caregivers-- Statewide
ALZHEIMER'S SUPPORT NETWORK OF SOUTH CENTRAL MASS.
333 Washington St. Suite 202 Boston MA 02108 (617)-574-9394
A state association offering education and support for families of people with Alzheimer's Disease. Call or write for information on nearest support group (there are many groups).
88/01/89

HEALTH: Alzheimer's/Caregivers-- Western Mass.
ALZHEIMER'S DISEASE & RELATED DISORDERS ASS'N OF WESTERN MASS.
North Adams MA Jean Tyler (413)-662-2087
Coordinating organization for Alzheimer's chapters in Western Mass. Call for information about nearest support groups.
88/06/14

HEALTH: Alzheimer's/Caregivers-- Worcester
ALZHEIMER'S SUPPORT NETWORK OF SOUTH CENTRAL MASS.
PO Box 839, Southbridge MA 01550
Southbridge Area Support Group:
Roger Lamontagne, President (508)-765-9771 ext. 2570
Helen Emrich, Group Leader (508)-347-3545
Webster Area Support Group:
Co-leaders: Julie Janczyk (508)-943-3889
Carolyn Racicot (508)-765-0977
To provide emotional support, education and resource referral for family/friends for people with Alzheimer's Disease and related dementias.
89/03/26

HEALTH: Anorexia Nervosa-- Middlesex
ANOREXIA BULIMIA CARE, INC. (ABC)
P.O. Box 213 Lincoln Center MA 01773
Patricia Warner (617)-259-9767
Provides support and information for eating disordered individuals, their friends, families and professionals. Hotline, general information service, referral registry, workshops, befriending, newsletter, and speakers bureau.
88/02/12

HEALTH: Arthritis-- Statewide
MASSACHUSETTS CHAPTER ARTHRITIS FOUNDATION
29 Crafts St. Newton MA 02160 (617)-144-1800 or 1-800-882-1464
Support for people with arthritis and other rheumatic diseases and their families and friends. The focus is educational and social. Information regarding local groups may be obtained by calling or writing to the Mass. Chapter Arthritis Foundation. Local chapters are listed below:

Amherst - Chairperson: Nancy Pagano (413)-253-9351
Rosemary Brown (413)-253-2189
Meets 4TH FRIDAY OF THE MONTH, 10:00 a.m., Bangs Community Ctr., Amherst Sr. Ctr., Boltwood Walk, Amherst MA

Braintree - ARTHRITIS SUPPORT GROUP FOR YOUNG ADULTS
Contact: Linda Pirie (617)-331-8644
Esta Jacobs (617)-848-5353 Ext. 2113
Education Dept.
Meets the LAST WEDNESDAY OF THE MONTH, 7:00 p.m.,
Braintree Hospital, 250 Pond St. Braintree MA

Brockton - Chairperson: Susan Boleyn* (508)-697-6632
Meets the FIRST WEDNESDAY OF THE MONTH, 7:30 p.m.
Cardinal Cushing Hospital, Brockton MA

Brockton - ARTHRITIS SUPPORT GROUP FOR YOUNG ADULTS
Contact: Natalie Silva, Chairperson
(508)-586-3600 Ext. 2742
Meets the SECOND THURSDAY OF EACH MONTH, 7:00-9:00 p.m.
Goddard Medical Associates, 1 Pearl St. Brockton MA
A/B Conference Room - 2nd Floor

Burlington - Chairperson: Rosella Bilotta* (617)-273-1248
Meets the THIRD TUESDAY OF THE MONTH, 7:30 p.m. Choate
Hospital in Woburn MA

Falmouth - Chairperson: Winona Weber (508)-540-0667
Co-Chairperson: Dorothy Heckler (508)-540-1303
Meets the SECOND TUESDAY OF THE MONTH, 2:00 p.m.
Falmouth Public Library, Main St. Falmouth MA

Framingham - Chairperson: Darrell Simpson* (508)-655-1322
Co-Chairman: Barbara Schlitzer* (508)-875-8664
Meets the LAST WEDNESDAY OF THE MONTH, 7:30 p.m.
Framingham Main Library, 49 Lexington St. Framingham MA

Lowell - Chairperson: Cathy Ossif (508)-454-4522
Pat Moysenko* (508)-453-1761 Ext. 1634
Meets the LAST WEDNESDAY OF THE MONTH, 7:00-9:00 p.m.

Malden - Chairperson: Hanna Friedenstein (617)-324-1167
Co-Chairman: Susan Brown, RN* (617)-322-7560 Ext. 5259
Meets the SECOND WEDNESDAY OF THE MONTH, 1:30 p.m., the
Malden Hospital, Dormitory Building, Malden MA

North Adams - Chairperson: Marguerite Hartman (413)-663-5203
Co-Chairperson/Treasurer: Barbara Pringle
Meets the SECOND TUESDAY OF THE MONTH, 7:00-9:00 p.m.
Downtown Elder Center, Main St. North Adams MA

Salem - Contact: Community Health Education (508)-741-1288
Meets at the Salem Hospital, 81 Highland Ave. Salem D1
Conference Room 104B (Call for meeting times)

Springfield - Chairperson: Jean Barlow* (413)-739-2614
Treasurer: Agnes Fitzgerald* (413)-734-3535
Meets the FIRST TUESDAY OF THE MONTH, 7:00 p.m. the
Elks Lodge #61, 440 Tiffany St. Springfield MA

Ware - Contact: Health Education Dept. Mary Lane Hospital
(413)-967-6211 Ext. 296
Meets the THIRD MONDAY OF EVERY MONTH, 6:30-8:30 p.m.
Gilbert Wing Solarium, Mary Lane Hospital Ware MA

Winthrop - Contact: Susan H. Brown, RN, Malden Hospital
(617)-322-7560 Ext. 5259 or Pearl Sabat (617)-846-4299
Meets on FRIDAYS at the Winthrop Drop in Center, 32
Hermon St. Winthrop

Worcester - Chairperson: Lillian Coffey (508)-757-2558
Co-Chairman: Sophie Williams (508)-842-3062
Meets the THIRD TUESDAY OF THE MONTH, 6:45 p.m.
St. Vincent School of Nursing Auditorium, Spurr St.
Worcester MA

Yarmouth - Co-Chairpersons: Virginia Williams Catherine Hooley
Meets the LAST WEDNESDAY OF EACH MONTH, 1:00-3:00 p.m. or 10:00-noon (depending on the program) Yarmouth Council on Aging, 528 Forest Road, South Yarmouth MA
For additional information, contact: Yarmouth Council on Aging at (508)-394-7606

JA (JUVENILE ARTHRITIS) PARENTS SUPPORT GROUP
Boston area and Central Mass
Contact: Judy Stebulis* (508)-597-5406

Western Mass
Contact: Mary Allan, S.W. (413)-781-6750
Shriners Hospital

Eastern Mass (From Boston to Worcester)
Contact: Judy Stebulis* (508)-597-5406

Meets the SECOND TUESDAY OF EACH MONTH, 7:00 p.m. Univ. of Mass. Medical Center, 55 Lake Avenue North, Worcester

*This individual is also a trained Arthritis Self-Help Course Leader

NOTE: If you are interested in being on the mailing list for one of the listed support group meeting schedules, please call the Mass. Chapter of the Arthritis Foundation at: (617)-244-1800 or
1-800-882-1464 (Toll free)

Check your local newspapers' CALENDAR section for more information.
89/06/10

HEALTH: Asthma-- Middlesex
PAK (PARENTS OF ASTHMATIC KIDS)
American Lung Association of Middlesex County
Box 265 Burlington MA 01803
Ann-Marie Krol, Program Consultant (617)-272-2866
A support group of parents and professionals formed to provide opportunity for parents to learn more about asthma and how to manage it.
88/01/12

HEALTH: Asthma-- Middlesex
CAP (CHILDREN'S ASTHMA PROGRAM)
American Lung Association of Middlesex County
Box 265 Burlington MA 01803
Ann-Marie Krol, Program Consultant (617)-272-2866
A training and education progam designed to help alleviate the fears and uncertainties of childhood asthma.
88/02/11

HEALTH: Cancer-- Barnstable
NU VOICE CLUB OF CAPE COD
Harwich Council on Aging ALBRO House Harwich MA 02645
Dr. James Hartgering, President (508)-432-4422
To provide emotional support, education and resources for family members of cancer patients. Monthly meeting -2nd Tuesday of the month at 10:30 at the Harwich Recreational Building, Sisson Road, Harwich, Route 124 & 39.
88/01/14

HEALTH: Cancer-- Middlesex
BREAST CANCER STUDY GROUP
16 Chapin Road Newton Centre MA 02159
Jane Hyman (617)-965-0544
88/01/13

HEALTH: Cancer-- Statewide
CANCER INFORMATION SERVICE
44 Binney St. Boston MA 02115 1-800-4-CANCER
"The public's link to cancer information": complete listing of all cancer-related self-help and support groups in the state.
88/06/14

HEALTH: Cancer-- Statewide
CANDLELIGHTERS' CHILDHOOD CANCER FDN.
Walden Unit, American Cancer Society, 321 Main St. Acton MA 01720 Emerson Hospital (508)-369-1400 or (508)-263-1131
Old Road to Nine Acre Concord MA 01742 Ask for Social Services Department
International organization serving parents of children with cancer and the medical and social professionals who treat them. Promotes self-help groups; phone above number to contact the nearest active Candlelighter group and/or see list below:
Central Berkshire County Unit, American Cancer Society
525 East Street Pittsfield MA 01201
Berkshire Medical Center (413)-499-4161
Candlelighters of Berkshire County, Inc. Nancy Ireland, President
119 Strong Ave. Pittsfield MA 01201 (413)-447-9192
Children's Hospital 300 Longwood Ave. Boston MA 02115
Ask for: Helen Clinton S.S. Division (617)-735-6000
Dana-Farber Cancer Institute 44 Binney St. Boston MA 02115
Ask for: Sandy Woodburn, Collise Levin (617)-732-3000

Brigham and Women's Hospital 75 Francis St. Boston MA 02215
Ask for: Radiology Dept. (617)-732-5500
Mass. General Hosp. Fruit St. Boston MA 02114
Ask for: Adele Goldsteen, Ken Scheublin (617)-726-2000
Tufts New England Medical Center-Floating Hosp. 171 Harrison Ave. Boston MA 02111 (617)-956-5000
Ask for: Judith Riley, Carol Hemmes, Diane Price
The Central Mass Pediatric Parent Oncology Support Group
Why Me? (508)-757-7734
Meets 3rd Wednesday of month, U. Mass Medical Center, Worcester.
88/03/10

HEALTH: Cancer-- Worcester
ONCOLOGY SUPPORT GROUP
Harrington Memorial Hospital 100 South St. Southbridge MA 01550
Roger Lamontagne and Grace Curnow (508)-765-9771 ext. 2570
To provide emotional support and education to individuals and family coping with cancer diagnosis and treatment.
89/03/26

HEALTH: Cancer-- Worcester
WHY ME: HELPING CHILDREN WITH CANCER
316 Main St. Worcester MA 01608 Nadine Andrews (508)-757-7734
Independent support group for anyone who has a child of any age who has cancer.
89/08/23

HEALTH: Cancer-- Statewide
DES ACTION
PO Box 126, Stoughton MA 02072
Affiliated with The DES Cancer Network, PO Box 10185 Rochester NY 14610 (415)-465-4011
Advocate for DES exposed. Individual Counselling, physician referral, quarterly newsletter, publications available.
90/03

HEALTH: Chronic Fatigue/Immune Dysfunction-- Statewide
CHRONIC FATIGUE AND IMMUNE DYSFUNCTION SYNDROME ASSOC. INC. (CFIDS)
808 Main St. Waltham MA 02154 (617)-893-4415
Local support groups throughout the state which offer information, medical education, advocacy, physician referral. State educational meetings with speakers which are videotaped and can be borrowed by members, a disability committee, and book lending.
90/03

HEALTH: Chronic Fatigue/Immune Dysfunction-- International
CHRONIC FATIGUE IMMUNE DYSFUNCTION SYNDROME SOCIETY INTERNATIONAL
PO Box 230108 Portland Oregon 97223 (503)-684-5261
An informational clearinghouse for Chronic Fatique Syndrome. Mails out information packets as well as provide local support group contacts to callers. Also maintains an extensive library of medical journal, magazine, and newspaper articles, publishes a newsletter, maintains a book referral list. Sponsors a national conference on Chronic Fatigue Syndrome.
90/03

HEALTH: Chronic Pain-- Plymouth, Suffolk
PAIN SUPPORT GROUP
c/o Sheryl Homer 190 Walnut St. Stoughton MA 02072
(617)-344-3579
Plymouth - Meets monthly at Cardinal Cushing General Hospital X-Ray Conference Room Brockton MA on 2nd Thursday of each month 6:00-8:00 p.m.)
Suffolk - Meets monthly at New England Medical Center Hospital, Boston.
For persons who are constantly dealing with chronic pain; open also to family and friends expressing genuine concern.
89/07/18

HEALTH: Chronic Pain-- Suffolk
PAIN & STRESS CLINIC
Lemuel Shattuck Hospital 170 Morton St. Boston MA
Michael Zuker, Administrator (617)-522-8110
To help people deal with chronic pain issues by various methods. (Accupuncture, Group Therapy, Physical Tx, Massage Tx, and many other avenues.)
89/07/18

HEALTH: Cystic Fibrosis-- Statewide
MASSACHUSETTS CYSTIC FIBROSIS FOUNDATION
637 Washington St. Suite 105 Brookline MA 02146
Jennifer Kelly, Exec. Dir., 1-800-362-4440 or (617)-738-1181
Contact for information on branch locations in Mass. as well as Cystic Fibrosis Centers in Springfield and Boston, and support groups in various locations.
88/01/20

HEALTH: Diabetes-- Worcester
DIABETES SUPPORT GROUP
12 Lorna Drive Auburn MA 01501 Elise Beverly (508)-832-4817
661 Grove St. Worcester MA Ruth Lundstrom (508)-852-6020
Informal monthly group meeting of parents and friends of children with diabetes to discuss the everyday problems faced by diabetics.
88/01/19

HEALTH: Dizziness-- Greater Boston, Concord
VESTIBULAR DISORDERS ASSOCIATION
(formerly Dizziness and Balance Disorders Association of America)
An information and support organization for people coping with dizziness, balance disorders and related hearing problems.
The Greater Boston Chapter:
Contact: Susan E. Campbell, Mass. Eye & Ear Infirmary, Vestibular Lab, 243 Charles St. Boston MA 02114 (617)-573-4155
Vestibular Disorders Support Group:
Contact: Virginia Strauss, 4 White Terrace, Lexington MA 02173 (617)-862-1223
Meets at North Assembly Room, Emerson Hospital, Concord
National Headquarters: 1015 N.W. 22nd Avenue Portland Oregon 97210-3079 (503)-229-7705
90/03

HEALTH: Endometriosis-- Statewide
ENDOMETRIOSIS ASSOCIATION
Endometriosis Assn. (U.S.-Canada Headquarters) P.O. Box 92187, Milwaukee WI 53202
Self-help organization of women with endometriosis and others interested in exchanging information about the disease, offering mutual support to those affected by it.
Greater Boston Area: 128 West Elm St. Pembroke MA 02359
Kate Shaughnessy Low, RN (617)-826-3071
Western Mass: c/o Everywoman's Center, Wilder Hall, Univ. of Mass., Amherst MA 01003 Ann Haddad (413)-586-5797
88/01/22

HEALTH: Epilepsy-- Suffolk
EPILEPSY ASSOCIATION OF GREATER BOSTON
59 Temple Place Suite 664 Boston MA 02111 (617)-542-2279
Epilepsy Foundation of America
4351 Garden City Dr. Suite 406 Landover MD 20785
Affiliate of major national agency for people with epilepsy and seizure disorders. Curently seeking people interested in organizing, facilitating or attending self-help groups in areas north, south, west of Boston. 88/03

HEALTH: Heart Disease-- Middlesex, Norfolk, Worcester
THE MENDED HEARTS, INC.
7320 Greenville Ave. Dallas TX 75231 (214)-750-5442
Non-profit service organization of persons who have undergone heart surgery. Chapters throughout the U.S. to give help and encouragement to others who are faced with or have had heart surgery.
Greater Boston (Chapter #20) 49 Edward Rd. W. Newton MA 02165
Mr. Ira Smith, Pres. (617)-244-6419
South Shore (Chapter #2) 646 Washington St. Quincy MA 02169
Mr. Norman Girard, Pres. (617)-479-3062
Greater Worcester (Chapter #1) 12 Fairview St. Leominster MA 01453 Mr. Stephen Hotaling, Pres. (508)-342-8282
88/02/25

HEALTH: Heart Disease-- Statewide
PARENTS AND CARDIAC CHILDREN TOGETHER (P.A.C.C.T.)
623 Randolph Ave. Milton MA 02186
Virginia Gaughen (617)-696-6685
To educate and support families of children with heart defects.
88/01/26

HEALTH: Hemophilia-- Suffolk
NEW ENGLAND HEMOPHILIA ASSOCIATION
170 Rustcraft Rd. Dedham MA 02215
Earnest A. Singer, Exec. Dir. (617)-326-7645
Peer support for persons with hemophilia, and other congenital clotting disorders, their families and friends, and education, counseling and support created by the AIDS crisis.
88/02/22

HEALTH: Ileitis & Colitis-- Norfolk, Statewide
NATIONAL FOUNDATION FOR ILEITIS & COLITIS
17 Avery Sq. Needham MA 02194 Ann Wade (617)-449-0324
Information and support for those suffering from ileitis and colitis. Monthly groups meet in Boston, Framingham, Brockton, Salem, Wilmington, Haverhill and Worcester. Call for schedule information.
88/03/02

HEALTH: Joints-- Middlesex
TMJ NETWORK (TEMPOROMANDIBULAR JOINT DISORDERS)
Ann-Marie C. DePalma, RDH, BS
36 Meacham St. Somerville MA 02145 (617)-776-7309
The goal is to improve knowledge and understanding of Temporamandibular Joint Disorders and to provide support and encouragement for those afflicted and their families, friends, health-care providers and those interested in learning more about TMJ. Donations requested of those attending monthly meetings to help defray costs.
90/03

HEALTH: Joints-- Suffolk
JAW JOINTS & ALLIED MUSCULO-SKELETAL DISORDERS FOUNDATION, INC.
Forsyth's Research Inst. 140 The Fenway Boston MA 02115
Renee & Milton Glass (617)-266-2550
Nationally organized foundation, which functions on two levels:
1) Acts as a catalyst for communcation by providing a forum for the public and health-care professionals through frequent free lectures and periodic seminars. Publishes newsletters and educational materials: provides advocacy, networking and research.
2) Support group by membership - meet monthly.
88/01/20

HEALTH: Leukemia-- Hampden, Hampshire, Franklin, Berkshire
LEUKEMIA SOCIETY OF AMERICA--WESTERN MASS. CHAPTER
31 Elm St. Suite 552 Springfield MA 01103
Elizabeth Rubin, Exec. Sec. (413)-788-0586
To promote "networking" of emotional support for families dealing with the stresses of life-threatening illness.
88/02/11

HEALTH: Leukemia-- Statewide & Maine, New Hampshire, Vermont
LEUKEMIA OUTREACH PROGRAM
c/o Leukemia Society of America, Massachusetts Chapter
31 St. James Ave. Boston MA 02116
Marjorie Cotton, Exec. Director (617)-329-9944 (Dedham)
Wendy Holmes, RN, MSN, Co-facilitator
Martha Burke, MSW, ACAW, LISSW, Co-facilitator
Leukemia patients and their families and friends gather monthly in spirit of fellowship and support.
88/01/22

HEALTH: Life-Threatening Illness-- Middlesex
FOCUS
c/o Omega 270 Washington St. Somerville MA 02143
Evelyn Gladu (617)-625-1920 or Deborah Casey (617)-776-6369
For persons whose lifes are affected by a life-threatening illness, whether oneself, family member or friend.
88/01/26

HEALTH: Life-Threatening Illness-- Statewide
HOSPICE FEDERATION OF MASSACHUSETTS
266 Cochituate Rd. Wayland MA 01778
1-800-528-1115 (Information) or (508)-653-4217 (Office)
In addition to providing support to the terminally ill and their families, Hospice programs have support groups for bereaved spouses, parents and for seriously ill people. Call Information Line for nearest Hospice program.
88/02/17

HEALTH: Lung Disease-- Hampden
BETTER BREATHERS CLUBS
American Lung Assn. of Western Mass., 393 Maple St. Springfield MA 01105 Phyllis Austin (413)-737-3506
Support group/educational program for patients with lung disease, i.e., chronic bronchitis, emphysema and asthma, and their family members. Free of charge, quarterly newsletter. Materials for self-education available usually free of charge-videos, slide/ tapes and film available for loan or use at our Lung Health Center.
88/01/20

HEALTH: Lupus-- Statewide
THE LUPUS FOUNDATION OF AMERICA
Massachusetts Chapter (617)-332-9014
215 California St. Newton MA 02158
To spread awareness and education of lupus to patients, their friends and families; to provide patients contact with one another.
Southeastern Mass. Group PO Box 9596 No. Dartmouth MA 02747
Hans Verliin (508)-997-3022
Merrimack Valley Group 222 Main St. No. Andover MA 01845
Elizabeth Phaneuf (508)-688-7901
Western Mass. Group 33 Bamforth Rd. Springfield MA 01128
Ronald Galbraith (413)-782-0807
Greater Boston Group 45 Locke St. Cambridge MA 02140
Mary Beatty (617)-547-2028
South Shore Group 25 Calvin Rd. Dedham MA 02026
Pat O'Keefe (617)-326-4960
Central Mass. Group 3 Herbert Rd. Worcester MA 01602
Connie Dillon (508)-753-5463
89/08/16

HEALTH: Multiple Sclerosis-- Barnstable
MULTIPLE SCLEROSIS SUPPORT GROUP
Box 2204 Sandwich MA 02563 Joyce McEachern or David Lalumiere
A support group set up to provide support, information and guidance for patients and their families.
87/11/25

HEALTH: Multiple Sclerosis-- Statewide
NATIONAL MULTIPLE SCLEROSIS SOCIETY
Mass. Chapter 400-1 Totten Pond Road Waltham MA 02154
Dir. of Suport Services: Cynthia Zagieboylo (617)-890-4990
A network of self-help groups throughout Mass. for persons with MS, their friends and family members. Groups usually meet monthly for discussion, social programs and guest speakers.
87/10/20

HEALTH: Multiple Sclerosis-- Worcester
MS MUTUAL HELP GROUP
Harrington Memorial Hosp. 100 South St. Southbridge MA 01550
Roger Lamontagne (508)-765-9771 ext. 2570
To provide peer support for individuals and family members coping with Multiple Sclerosis.
89/03/20

HEALTH: Narcolepsy-- Middlesex
NARCOLEPSY SUPPORT NETWORK
PO Box 419 Reading MA 01867
Anne Mathews (617)-944-8767 or (508)-475-3173
Information-sharing and support through mailings, hot-line, befriending, and occasional group meetings at various locations.
87/11/1

HEALTH: Neurofibromatosis-- Eastern Mass.
NATIONAL NEUROFIBROMATOSIS FOUNDATION - MASS. CHAPTER
c/o Patricia Krug (617)-326-4775
21 Vine Rock St. Dedham MA 02026
State chapter of national organization serving patients and families. Support groups in 5 areas of Mass. meet frequently but not on regular schedule. Call or write for more information or nearest contact person.
88/02/03

HEALTH: Neurofibromatosis-- Western Mass.
THE NEUROFIBROMATOSIS ASSOCIATION, INC.
105 Batchelor St. Granby MA 01033
Claudette L. Kiely, Exec. Dir. (413)-467-7244
National Neurofibromatosis Assn. 1-800-323-7938
141 Fifth Ave. Suite 7 South New York NY 10010-7105
Organization serves patients and families throughout Western Mass., providing education and support group meetings in all four counties. Information provided upon request. Membership open to anyone.
88/02/11

HEALTH: Ostomy-- Statewide
OSTOMY ASSOCIATION
Ostomates helping ostomates through visits, literature, and mutual aid with ostomy problems. Meetings held in homes, hospitals, nursing homes.
Cape Cod - Patricia Crosby Box 507 Harwich MA 02645 (508)-771-0020
Berkshire County - Vickie Simon 480 Elm St. Pittsfield MA 01201 (413)-447-9746
Greater New Bedford/Fall River - Germain Gaudreau 374 Harwich St. New Bedford MA 02745 (617)-994-9128
Greater Taunton - Leon J. Marchand 20 Francine Rd. Raynham MA 02767 (508)-824-6082

(Cont. next page)

Greater Lynn - Sharon Osgood 25 Intervale Ave. West Pewabody MA 01960
North Essex County - Cecilia La Voi 70 Turkey Hill Rd. Newburyport MA 01950 (508)-462-7855
Franklin County- Paul Hallowell 8 Leyden Rd. Greenfield MA 01301
Greater Springfield - Helen Geoffrion 33 Walnut St. Agawam MA 01001 (413)-782-6436
Meets third Sunday of the month at the Church of the Good Sheperd, West Springfield MA
Merrimack Valley - Paul Nangle 59 Hawthorne St. Lowell MA 01851 (508)-688-8161
Boston - Ted Sobel 247 Commonwealth Ave. Boston MA 02116 (617)-267-3665
Greater Boston/Northwest Mass. - Louis Raffio 120 Locust Dr. Westwood MA 02090 (617)-479-4811
Southbridge - Albert Berthlaume 15A Theresa Ave. Southbridge MA 01550 (508)-764-4974
North Worcester - Norbert Beauchene 27 Fairview St. Fitchburg MA 01420
88/06/14

HEALTH: Post Polio-- Southeastern Mass./Rhode Island
SUPPORT GROUP OF POST-POLIO SURVIVORS OF S.E.MASS., RHODE ISLAND
71 May St. South Attleboro MA 02703
Kathleen Simpson, President (508)-399-7938
Polio Society (202)-897-8180
4200 Wisconsin Ave.,NW Suite 106273 Washington DC 20016
Monthly meetings for post polio survivors in S.E. Mass. and Rhode Island. Support, information, guest speakers.
88/06/14

HEALTH: Spina Bifida-- Middlesex
MASSACHUSETTS SPINA BIFIDA ASSOCIATION (MSBA)
24 Wentworth Rd. Melrose MA 02176
John D. Scarborough (617)-239-1919
A volunteer advocacy and support organization devoted to serving the needs of children and adults with Spina Bifida and their families.
88/01/14

HEALTH: Stroke-- Statewide
EASTER SEAL STROKE CLUBS
Massachusetts Easter Seal Society, Denholm Building 484 Main St. Worcester MA 01608: 1-800-922-8290
Give stroke disabled people the encouragement and social outlet vital for their recovery.
Southeast Office: 1145 Purchase St. New Bedford MA 02745
Contact for groups in Cape Cod, Attleboro, Brockton, Fall River: (508)-997-1553

(Cont. next page)

Western Office: 380 Union St. West Springfield MA 01089
Contact for groups in North Adams, Franklin and Hampshire Counties, Longmeadow: (413)-734-6434
Also Young Independent Adult Club - for age 13-35 disabled by head injury or stroke related injury. Meets in Springfield.
Northeast Office: 5 Ballard Way Lawrence MA 01843
Contact for groups in Danvers/Beverly, Lawrence, Lowell, Lynn, Melrose, Greater Newburyport: (508)-683-1259
Boston Office: 934 Statler Office Building 20 Park Plaza Boston MA 02116
Contact for groups in Boston, Roxbury/South End, Norwell, Somerville/Cambridge, South Boston, South Middlesex, Woburn: (617)-482-3370
Central Office: 30 Highland St. Worcester MA 01609
Contact for groups in Blackstone Valley, Gardner, Worcester, Southbridge, Leominster/Fitchburg: (508)-757-4464
88/01/13

HEALTH: Tay Sachs and Related Storage Disease-- Statewide
NAT'L TAY SACHS & ALLIED DISEASE PARENT PEER GROUP
385 Elliot St. Newton MA 02164
Margie Epstein, Exe. Director, NTSAD (617)-964-5508
NTSAD is a non profit voluntary health organization committed to the eradication of Tay Sachs and Allied Diseases. Programs of NTSAD include: public & professional eduction; carrier screening, laboratory quality control; research; family services; and the parent peer group support network.
90/03

HEALTH: Tourette Syndrome-- Suffolk
TOURETTE SYNDROME ASSOCIATION
PO Box 522 Brookline MA 02146 Steve Bachner (617)-782-6969
Family support for people, children as well as adults, afflicted with Tourette Syndrome.
88/06/14

HEALTH: Tumor-- New England
ACOUSTIC NEUROMA ASSOCIATION - NEW ENGLAND
21 Lennon St. Gardner MA 01440 c/o Lorrie Bell (508)-632-6390
Acoustic Neuroma Assoc. PO Box 398 Carlisle Pennsylvania 17013 (717)-249-4783
A self-help group which provides support and networking to individuals who have had tumors affecting the cranial nerves and to their families.
90/03

## LIFESTYLE ACCEPTANCE

LIFESTYLE ACCEPTANCE: -- New England
NATIONAL ASSOCIATION TO ADVANCE FAT ACCEPTANCE (NAAFA)
New England Chapter: Tamsen Cooper, Chairperson, PO Box 3645, Framingham MA 01701 (617)-396-8369
National Headquarters: NAAFA, Inc. PO Box 188620, Sacramento CA 95818 (916)-443-0303
A non-profit human rights organization dedicted to improving the quality of life for fat people. NAAFA is not a diet group, but seeks alternative ways to enrich the lives of its members through public education, research, advocacy and member support. Offers educational and support activities, a national convention, regional gatherings, and publishes various informational materials and a monthly newsletter.
90/03

## MENTAL HEALTH

MENTAL HEALTH: Current/Former Patients-- Essex
HELPING HANDS
86 Poor St. Andover MA 01810 Rita Martone (508)-475-3388
To provide a comfortable setting for those who seek an environment that makes them more aware of themselves and eliminates a negative attitude.
88/06/14

MENTAL HEALTH: Current/Former Patients-- Middlesex
MENTAL PATIENTS LIBERATION FRONT
PO Box 514 Cambridge MA 02238
Ruby Rogers Advocacy & Drop-In Center (617)-876-4742
2336 Massachusetts Ave. Cambridge MA 02140
Non-profit corporation organized in 1975 for self-help exchange among current and former patients in the mental health system. Provides support, advocacy and drop-in center.
88/01/20

MENTAL HEALTH: Depression-- Middlesex
DEPRESSION WORKSHOP
1126 CHANDLER ST. TEWKSBURY MA 01876
PATRICIA PERKINS 25 Kevin St. Tewksbury MA 01876
Sharing positive methods for coping with depressed persons: positive support, learning to get involved with life and other people and to feel good about themselves.
88/01/15

MENTAL HEALTH: Depression-- Middlesex, Suffolk, Worcester
MANIC DEPRESSIVE & DEPRESSIVE ASSOCIATION OF BOSTON (MDDA)
PO Box 102 Belmont MA 02178
Contact: Evie Barkin (617)-855-3665 or (617)-277-6424 or call McLean Hospital Belmont MA (617)-855-2000
National Depressive & Manic Depressive Assn. 53 West Jackson Blvd., Chicago IL 60604 Everett Page, Pres. (603)-880-9225
Provides personal support and direct service to persons with clinical depression or manic depression and their families. To educate the public concerning the nature and management of these treatable medical illnesses.
Meets weekly at McLean Hospital, de Marneffe Cafeteria, on Wednesday nights from 7-9 pm. Also, has a Family and Friends group which meets at the same time and place but in a different room in the cafeteria. Drop-In Center meets every Monday and Thursday afternoons from 1:30-3:30 pm in room 116 in de Marneffe Cafeteria. Professional speakers twice a month and two public lectures a year at the Hynes Convention Center in Boston.
90/03

MENTAL HEALTH: Depression-- Statewide
EMOTIONS ANONYMOUS
Emotions Anonymous, Intl. Service Center (612)-647-9712
PO Box 4245 St. Paul MN 55104
Fellowship sharing hopes and strengths, using the AA 12-step program, in order to gain better emotional health. For nearest contact name/phone, call EA's St. Paul office. EA also has programs for children and youth. Some local meeting times, places and contacts are:
(Due to frequent changes, please check information with contact person)

Braintree: Sat. 1 pm - St. Francis of Assisi School, 854 Washington St. Marjorie H. (617)-328-6149

Cambridge: Fri. 6:30 pm - Christ Church, Chapel, Zero Garden St. Sam K, PO box 434, Arlington MA 02174

Fall River: Wed. 7 pm - St. Anne's Hosp., 1st Fl., 243 Forest St., Rm. 128 Paul M (508)-336-7639

Ipswich: 7 pm - Immanuel Baptist Church, Rt.1-A Central St.

North Reading: Mon. 7:30 pm - J.T.Berry Rehab Center, Off Lowell Rd. (Rt.62) - Admin. Bldg. (No.6)

North Tisbury, Martha's Vineyard: Mon. 6 pm - Piatelli Studios, State Road Alice T. (508)-693-7297

Pittsfield: Mon. 7 pm/Fri. 7 pm - Hillcrest Hospital, Rm. 305, West St.

Quincy: Sun. 3 pm - Quincy Hospital, McCauley Bldg., 1 Educ. Center Dorothy D. (617)-479-4002

Tues. 7 pm - Quincy Point Cong. Church, 444 Washington St. Michael (617)-963-5932

Wed. 7 pm - St. Joseph's Church, 556 Washington St., rear basement Susanne B. (617)-773-6241

Thurs. 7 pm - St. John's School, 28 Phipps St. Hall, 2nd floor Hazel A. (617)-963-1160

Reading: Sat. 10 am/Wed. 8 pm - 1st Congregational Church, 25 Woburn St. Larry B. (617)-944-2165

Walpole: Sun. 2 pm/Tues. 7 pm/Fri. 7 pm - Southwood Comm. Hosp., 111 Dedham St.
Ans. Serv. (508)-739-7265

Watertown: Thurs. 7:15 pm - St. John's United Methodist Church, 80 Mt. Auburn St.
Lillian (617)-899-2457

Wellesley: Wed. 7 pm/Sat. 9:30 am - St. Andrew's Episcopal Church, 79 Denton Rd.
Amalia G. (617)-444-7801 W or 455-8210 H

Woburn: Fri. 7:30 pm - Methodist Church, 523 Main St. - Side door - Downstairs, Classrm. #5
Jane L. (617)-935-2876

Worcester: Call for information: David B. (508)-753-7988
90/03

MENTAL HEALTH: Depression-- Suffolk, South Shore, Central MA
MASSACHUSETTS DEPRESSION AFTER DELIVERY
To support women who are suffering from postpartum depression.
Support System - Boston Branch:
Contact Persons: Gerri Piatelli (617)-787-7878 or
Polly Kornblith (617)-524-2542
Support System - Central Mass.
Contact Person: Melody Friedenthal (508)-856-0993
Support System - South Shore
Contact Persons: Maureen (617)-472-7632
Karen (508)-586-7785
89/07/18

MENTAL HEALTH: Families of Mentally Ill-- Statewide
THE ALLIANCE FOR THE MENTALLY ILL OF MASSACHUSETTS, INC.
27-43 Wormwood St. Boston MA 02210
Valerie Fletcher, Exe. Director (617)-439-3933
Western Mass. - PO Box 500 Agawam MA 01001 Ruth Stein
(413)-786-9139 or Evlyn Russell (413)-247-9595
National Alliance for the Mentally Ill (703)-524-7600
2101 Wilson Vlvd. Suite 302 Arlington VA 22201
A grassroots coalition of families and relatives of those affiliated with long term mental illness, linked together to provide mutual support and advocacy. 47 self-help groups located throughout Massachusetts.
90/03

MENTAL HEALTH: Fear, Nervousness, Temperament-- Statewide
RECOVERY, INC.
PO Box 31 Hyde Park MA 02136 Ans. Serv. (617)-969-0475
Recovery, Inc. Headquarters, 802 North Dearborn St. Chicago ILL 60610 (312)-337-5661
Mental Health through will training. Recovery, Inc. is a community mental health organization that offers a self-help method of will training. The Recovery Method is a system of techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms and fear. Meetings held in 15 cities in Mass. plus Connecticut, New Hampshire, Rhode Island and Maine. Call above numbers for locations and times of meetings.
90/03

MENTAL HEALTH: Obsessive-Compulsive-- Statewide
OBSESSIVE-COMPULSIVE DISORDER FOUNDATION, INC. (OCD)
PO Box 9573, New Haven CT 06535 (203)-772-0565 or 0575
Dedicated to preventing, controlling and finding a cure for OCD and improving the welfare of people with OCD. Education, research, mutual support. Currently, meetings are held in Boston, Newburyport, Yarmouthport, No. Andover, Springfield. Call Jim Broach at above phone number for further information.
90/03

MENTAL HEALTH: Obsessive-Compulsive-- Suffolk
FAMILY AND FRIENDS OF PEOPLE WITH OBSESSIVE-COMPULSIVE DISORDER
Contact: Marin Konstadt, RNCS, Bunker Hill Health Center, 73 High St. Charlestown MA 02129 (617)-242-5700
Support group for family and friends of O.C.D.
Meetings held at Mass. General Hospital, Bulfinch 2, Conference Room on 1st and 3rd Thursdays of the month, 5:00-6:30 pm. Free. 90/03

MENTAL HEALTH: Obsessive-Compulsive-- Suffolk
OBSESSIVE-COMPULSIVE ANONYMOUS
OCA Service Line (617)-499-9577
OCA National Service Headquarters (516)-741-4901
PO Box 215 New Hyde Park New York 11040
12 step self-help support group for persons suffering from Obsessive-compulsive disorder (OCD). Meetings in Boston area. Call service line for meeting times. Self-help book available. Long distance support given to people outside Boston area. 89/07

MENTAL HEALTH: Phobias-- Bristol
AGORAPHOBIC SUPPORT GROUP
PO Box 1371 Westport MA 02790
Contact: Joanne Clarke (508)-673-9255
For adults with severe anxiety, panic attacks or phobias. To provide support, information and training in techniques that reduce anxiety and the fears associated with the illness. Activities include goal setting, relaxation techniques and group discussions. Meetings are held the 3rd Thursday of each month at 7:30 p.m. at Super Stop & Shop Fall River MA. Meetings are held upstairs in the conference room. Ask the person at the courtesy booth for directions. You may bring a support person if you desire. 89/07/20

MENTAL HEALTH: Phobias-- Essex, Hampden, Middlesex, Norfolk
PHOBIA SOCIETY OF AMERICA
6181 Executive Blvc., Rockville MD 20852 (301)-231-9350
Founded to provide an effective source of information on phobias and to act as catalyst for communication among professionals engaged in treatment/research. Local contacts:
Greater Boston Phobia Society: 74 Reservoir St. Cambridge MA 02138 (617)-492-5163
Merrimack Valley Chapter PSA: Andover Phobia Clinic 166 North Main St. Andover MA 01810 Thomas W.C. MacLachlan, NACP (508)-475-7249
South Shore Mass. Chapter of PSA: 670 Washington St. Braintree MA 02184 Richard C. Raynard, Ph.D. (617)-843-7550
Western Mass. Phobia Society, Inc.: 63 Mulberry St., springfield MA Walter A. Mitchell, Ph.D. (413)-736-2602 (Hotline) or (413)-732-0801
For meeting times/places: Rita Howie (413)-736-8929 after 3:00. (Agoraphobia and/or Anxiety/Panic Disord.) 90/03

MENTAL HEALTH: Phobias-- Middlesex
OPEN AGORAPHOBIA FORUM
391 Concord Rd. Billerica MA 01821
Candice Todd (508)-667-4270
Meetings held twice a month for recovering and recovered agoraphobics and their families and friends. Dicussions, support, speakers.
88/02/09

## PARENTING

PARENTING: Adoptive/Foster-- Essex
THE ADOPTION CONNECTION, INC.
11 Peabody Square Peabody MA 01960
Susan Darke, Director (508)-532-1261
A non-profit tax-exempt organization dedicated to the belief that every adoptee has a right to know his/her biological history. Made up of adoptees, adoptive parents, and birth parents.
88/01/14

PARENTING: Adoptive/Foster-- Middlesex
BIRTHMOTHERS SUPPORT GROUP
Women's Center 46 Pleasant St. Cambridge MA 02139
(617)-354-8807
Support in dealing with feelings of giving up one's child.
89/07/202

PARENTING: Adoptive/Foster-- Middlesex
CONCERNED UNITED BIRTHPARENTS
PO Box 396 Cambridge MA 02238
Libby Campbell (508)-443-3770
Support and referral for people who have surrendered a child for adoption. Information and referral to those with untimely pregnancies.
88/01/11

PARENTING: Adoptive/Foster-- Middlesex
OPEN DOOR CHAPTER OF ADOPTIVE PARENTS/ACTON-CONCORD CHAPTER
(508)-263-5875
Monthly meeting for adoptive parents and those beginning or in the adoptive process.
88/05/25

PARENTING: Adoptive/Foster-- Statewide
OPEN DOOR SOCIETY
867 Boylston St. 6th Floor Boston MA 02116
Betty Laning (617)-527-5660
130 Temple St. West Newton MA 02165
Mary Lou Robinson (413)-586-9869
96 Rick Dr. Florence MA 01060
A statewide volunteer information and support group for those interested in adopting an American or foreign child. Has 16 chapters statewide.
88/01/27

PARENTING: Adoptive/Foster-- Worcester
FOSTER PARENT SUPPORT GROUP
Dept. of Social Services 196 Main St. Gardner MA 01440
Joyce Holyrod-McGuire (508)-632-9104
To provide a safe and constructive place for foster parents to vent frustrations. To explore concrete ways to handle the serious problems and emotions foster parents face on a daily basis.
88/06/14

PARENTING: At Risk-- Middlesex
CODE, INC.
(508)-263-8777
Parental Stress Hotline 1-800-632-8188
Confidential one on one visits from a volunteer parent to a parent needing support in time of stress.
88/05/25

PARENTING: At Risk-- Statewide
PARENTS ANONYMOUS
140 Clarendon St. Boston MA 02116
TOLL FREE NUMBER IN MASS: 1-800-882-1250
Hotline for parents under stress; referral to self-help groups throughout the state.
88/02/24

PARENTING: At Risk-- Statewide
PARENTAL STRESS LINE
654 Beacon St. Boston MA 02215
TOLL FREE NUMBER IN MASS: 1-800-632-8188
24-hour counseling service for parents who are under stress with their children. Callers may remain anonymous.
88/01/15

PARENTING: Networks-- Essex
FAMILY FORUM
c/o Ellen Sutcliffe Dolloff Ave. Beverly MA 01915
(508)-922-8256
Social organization for women has monthly meetings with speakers on pertinent topics. Also social meetings with husbands and families.
88/01/20

PARENTING: Networks-- Essex
NEW MOTHERS SUPPORT GROUPS
c/o Jane Karaman 203 Dodge St. Beverly MA 01915 (508)-927-8310
Non-professional groups of 6-8 new mothers meeting once per week for eight weeks with two facilitators; lets new mothers meet others in same circumstance, discuss problems, feelings, etc.
88/01/18

PARENTING: Networks-- Essex
THE MOTHER CONNECTION, INC.
PO Box 59 Ballardvale Sta. Andover MA 01810 (508)-470-1500
Goals are to offer information on parenting, resources, support and recreation to parents and children of all ages: newsletter, support groups, toy cooperative, playgroups and more.
88/02/12

PARENTING: Networks-- Hampshire
NORTHAMPTON PARENT NETWORK
c/o Multi-Service Health, 76 Pleasant St. Northampton MA 01060
For more information, contact: Connie Sprong (413)-586-5853
Karen Lewis (413)-586-9706
The broad purpose of the group is to create a community of concerned parents of adolescents who are actively involved in their children's education and development in home, community and school and to promote their children's healthy transition to adulthood. Meetings are held monthly.
90/03

PARENTING: Networks-- Middlesex
WARMLINES, PARENT SUPPORT NETWORK & RESOURCE CENTER
429 Waltham St. W.Newton MA 02165 (617)-244-6843
A parent support network and resource center, specializing in information on child care, parent support groups and issues related to parenting. For parents of young children.
89/06/21

PARENTING: Networks-- Middlesex
WAKEFIELD PARENTS & TOTS
44 Jordan Ave. Wakefield MA 01880
Membership: Terry Forgione (617)-245-2309
Play Groups: Lori Powell (617)-246-5772
Formed to combat the isolation that many parents of small children feel. Provides a supportive network of parents and organizes playgroups, monthly meetings, planned outings.
88/02/25

PARENTING: Networks-- Suffolk
FAMILY CONNECTION
4256 Washington St. Roslindale MA 02130
Claire Taylor, Director (617)-323-0300
A parenting and resource center where parents can come in contact with each other, receive support and find out what help exists in the community for their children and themselves.
88/01/19

PARENTING: Networks-- Worcester
HISPANIC YOUTH RESOURCE BUREAU
YOU, Inc. 81 Plantation St. Worcester MA 01604
Ann Toomey-Doane Program Director (508)-755-7660
This program sponsors educational support groups for Hispanic mothers which are developed so as to move toward independent functioning.
89/07/21

PARENTING: Networks-- Worcester
THE PARENT CONNECTION
700 Grove St. Worcester MA 01605 Ruth Viens (508)-852-5658
A family resource program providing activities, support group and other resources for parents of children birth to age five.
88/01/15

PARENTING: Networks-- Worcester
THE PARENT CONNECTION
Our Lady of Good Counsel Church 111 Worcester St. W.Boylston MA 01583 Fr. Timothy Brewer (508)-835-3606
Linda McManus (508)-835-4948 83 Pierce St. W.Boylston MA 01583
To meet the needs of women who have recently become mothers with a program of perssonal enrichment, stimulating speakers and discussion of important issues. Children's playgroup.
88/06/14

PARENTING: Networks-- Worcester
THE MOTHER'S CENTER
2 Teconnett Path Worcester MA 01605
Mara Pentlarge (508)-852-4239
To provide support for parents in a place where they can go with their children, where they will feel comfortable and where their needs will be understood and responded to. Children benefit thru socialization opportunities.
89/06/27

PARENTING: Parents of Adolescents-- Middlesex
PARENTS OF ADOLESCENTS SUPPORT GROUP
Concord Family Service (508)-369-4909
Elliot Mental Health Association (508)-369-1113
88/05/25

PARENTING: Parents of Adolescents-- Statewide
TOUGHLOVE
P.O. Box 1069 Doylstown PA 18901 (215)-348-7090
A self-help program for parents of unruly teenagers and the professionals who work with them; a network of parents helping each other bring change into the lives of their young people. Call for location of nearest chapter.
Amherst - Meetings held at Grace Episcopal Church, Thurs. 7:30 pm
88/01/19

PARENTING: Pregnancy & Childbirth-- Middlesex
C/SEC, INC. (Cesareans/Support, Education & Concern)
22 Forest Rd. Framingham MA 01701 Norma Shulman (508)-877-8266
To provide emotional support for cesarean delivery families, to share information and promote education on cesarean childbirth, cesarean prevention and VBAC, and to change attitudes and policies which affect cesarean births.
88/01/14

PARENTING: Pregnancy & Childbirth-- Middlesex
COPE - Cope With the Overall Pregnancy/Parenting Experience
(617)-862-1723 or (617)-357-5588
Support group for new parents and other family issues.
88/05/25

PARENTING: Pregnancy & Childbirth-- Middlesex
FIRST TIME MOTHERS GROUP CONCORD FAMILY SERVICES
(508)-369-4909
To provide support, information and discussion about the new role as mother. Topics include first year growth, development of infants, nutrition, infant stimulation, childcare alternatives. Childcare is provided.
88/05/25

PARENTING: Pregnancy & Childbirth-- Middlesex
LA LECHE LEAGUE
(508)-263-0704, 263-6904, 897-5396
Support and information for new and prospective mothers about breastfeeding. Monthly meetings.
88/05/25

PARENTING: Pregnancy & Childbirth-- Middlesex
MOTHERS OFFERING MOTHERS SUPPORT (MOMS)
Emerson Hospital, Social Services Dept. (508)-369-1400 ext. 434
Offers mothers a chance to meet with a volunteer on an individual basis, offering support around the new experiences with the baby & information on useful resources and services in the community.
88/05/25

PARENTING: Pregnancy & Childbirth-- Middlesex
NEONATAL DEATH SUPPORT GROUP
Emerson Hospital, (508)-369-1400 ext. 434
Provides support for anyone who has experienced a stillbirth, miscarriage, or infant death within days of birth. Meets twice a month. 88/05

PARENTING: Pregnancy & Childbirth-- Statewide
LA LECHE LEAGUE OF MASSACHUSETTS
Statewide Information Number: (617)-244-2681
Phone Statewide Information Number for contact person in chapter nearest to you: Newton, Brockton, Framingham, Medford, Ipswich, Roslindale, Spanish-speaking, Western Mass., Cape Cod. 88/02

PARENTING: Pregnancy & Childbirth-- Statewide
MASSACHUSETTS FRIENDS OF MIDWIVES
PO Box 237 Newtonville MA 02160
Archie Brodsky, President (617)-731-0946
11 Royce Rd. #39 Allston MA 02134
Barbara Tennant, Western Mass. contact: (413)-367-9639
14 N. Leverett Rd. Montague MA 01351
To safeguard every woman's right to give birth how, where and with whom she chooses. To assist midwives in attaining status of a recognized, self-regulating profession. To improve access to high quality maternity care for all.
88/01/14

PARENTING: Pregnancy & Childbirth-- Suffolk
BOSTON ASSOC. FOR CHILDBIRTH EDUCATION/NURSING MOTHERS' COUNCIL
Newtonville MA 02160
Carole Kavanagh (617)-244-5102 69 Court St. Newton MA 02160
Doree Stevens (617)-643-2296 84 Jason St. Arlington MA 02174
Provides information on family-centered childbirth and childbirth preparation classes. Free breast-feeding counseling and support.
88/01/21

PARENTING: Single Parents-- Hampshire
CENTER FOR RESTRUCTURING FAMILY RELATIONSHIPS
37 S. Pleasant St. Amherst MA 01002
Eva M. Brown, Ph.D. (413)-253-2153 or (413)-256-8066
Provides custody mediation, single parent support groups and divorce therapy.
5/90

PARENTING: Single Parents-- Statewide, Nationwide
PARENTS WITHOUT PARTNERS, INC.
8807 Colesville Rd. Silver Spring, MD 20910
National Information line: (301)-588-9354
Created in 1957 to meet the special needs of single parents (widowed, divorced, separated or never married), who strive to become independent adults, sharing work, fun and achievement with their children.
88/01/25

PARENTING: Special Needs-- Berkshire, Hampden
ASTHMA SUPPORT GROUP (for Parents)
American Lung Assn. of Western Mass 393 Maple St. Springfield MA 01105 Phyllis Austin (413)-737-3506
Provides support and a forum for discussion for parents of children with asthma. Experience-sharing and dissemination of educational materials including pamphlets, video tapes, and films available on loan.
88/01/20

PARENTING: Special Needs-- Berkshire, Hampden, Hampshire
FEDERATION FOR CHILDREN WITH SPECIAL NEEDS
PO Box 992 Westfield MA 01086 Deborah Crane (413)-562-5521
To train parents in special education laws and prepare them to advocate for their own children with special needs.
88/02/25

PARENTING: Special Needs-- Dukes
MARTHA'S VINEYARD SPECIAL PARENTS ASSOCIATION, INC.
PO Box 127 W. Tisbury MA 02575 Eileen Maley (508)-693-6270
Elise Elliston (508)-645-9884 RFD Box 335 Chilmark MA 02535
Support, advocacy and outreach for parents of children with developmental disabilities.
88/02/22

PARENTING: Special Needs-- Essex
PEABODY PARENTS OF CHILDEN WITH SPECIAL NEEDS
4 Scribner Rd. Peabody MA 01960 Ann Leonard (508)-535-4022
Support network meets monthly, has monthly newsletter to members, does referrals and informal education for families with special needs children.
88/01/19

PARENTING: Special Needs-- Essex
PARENTS OF CHILDREN WITH DOWNS SYNDROME
c/o North Shore ARC 184 Lafayette St. Salem MA 01970
Linda Long (508)-745-7767
Support group designed to provide education and mutual support to parents of children with Downs Syndrome.
89/07/12

PARENTING: Special Needs-- Essex
PARENTS OF CHILDREN WITH SEIZURE DISORDERS
c/o North Shore ARC 184 Lafayette St. Salem MA 01970
Linda Long (508)-745-7767
Support group designed to provide education and mutual support for parents of children with seizure disorders. 89/07

PARENTING: Special Needs-- Essex
THE CAPE ANN EARLY INTERVENTION PROGRAM
Mimi Nelson Oliver, Director (508)-921-1182
The program services children who are at risk for developmental delay, birth to 3 years, and their families. 89/07

PARENTING: Special Needs-- Franklin
FRANKLIN COUNTY PARENT ADVOCACY PROJECT
c/o Phyllis Hannon 80 G St. Turners Falls MA 01376
(413)-863-8005
Self-help group for parents of special needs children which gives opportunities for individual and/or group support, information sharing, advocacy assistance and community involvement. 88/01

PARENTING: Special Needs-- Hampden
ASHS FAMILY ENHANCEMENT PROGRAM
138 East Mountain Rd. Westfield MA 01085
Judy Hoyt (413)-562-5678
Michelle St. Germain or Mary-Jeanne Norton
Provides support to families who have a disabled member, through play and discussion together through the following activities: (1) after school recreation & school vacation overnight component; (2) family play days and weekend component; (3) parent/guardian support groups component.
88/02/24

PARENTING: Special Needs-- Hampshire
PARENTS SUPPORTING PARENTS GROUP
23 Carolyn St. Florence MA 01060
Donna Brown (413)-586-5816 or Ann Dorr (413)-548-9384 or call REACH Program (413)-774-3788 or (413)-585-1400
A group for parents with special needs children, providing information and support through one-to-one parent matching, twice-monthly group discussions and monthly seminars. If your child has special needs, then so do you. 88/02

PARENTING: Special Needs-- Middlesex
SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ARTHRITIS
169 Wakefield St. Reading MA 02172 Terry Adams, Chair
Mass Chapter Arthritis Foundation (617)-244-1800
29 Crafts St. Newton MA 02160
Support for people with arthritis and other rheumatic diseases, their families and friends. The focus is educational and social.
88/01/13

PARENTING: Special Needs-- Middlesex
GREATER ACTON PARENTS SUPPORT GROUP
(508)-263-0234
A self-help support group for parents troubled by their children's behavior. Meets monthly. 88/05

PARENTING: Special Needs-- Norfolk
PARENT TO PARENT
March of Dimes Birth Defect Foundation 865 Providence Highway Dedham MA 02026 Guy Garvan (617)-329-1360
Support group for parents of children who have birth defects.
88/02/26

PARENTING: Special Needs-- Norfolk
SUPPORT GROUP FOR PARENTS OF PHYSICALLY DISABLED CHILDREN
Community Resource Center Mass. Hospital School Randolph St. Canton MA 02021 Noreen Binder (617)-828-2440 ext. 300
This group extends to parents of young moderate to severely physically disabled children an opportunity for emotional support around the frustrations and accomplishments of their parenting.
88/06/14

PARENTING: Special Needs-- Statewide
MASS. PARENTS ASSOCIATION FOR THE DEAF AND HARD OF HEARING
PO Box 303 Boston MA 02101-0303
Eric Shettle, President (617)-237-2309
People helping people: experienced parents talking to parents of recently diagnosed hearing impaired children. Also publishing resource directory, bimonthly newsletter, holding meetings and annual information fair.
88/01/06

PARENTING: Special Needs-- Statewide
FEDERATION FOR CHILDREN WITH SPECIAL NEEDS
312 Stuart St. 2nd floor Boston MA 02116 (617)-482-2915
Provides training to parents and professionals in special education laws, parent consultant training, CAPP training and information services which promotes partnerships with health professionals, information and referral, access to a resource library and technical assistance to other parent centers nationwide.
88/01/21

PARENTING: Special Needs-- Worcester
FRIENDS OF THE HANDICAPPED
8 S.Richard St. Milford MA 01757 Joann Carrigan (508)-473-6983
Parents meet on a monthly basis to provide support and information to members with special needs children or MR adults.
88/06/14

PARENTING: Special Needs-- Worcester
HEALTH AND EDUCATION LEAD PARENTS TO SUPPORT (HELPS)
PO Box 31 Barre MA 01005
Rosemary Hill (508)-928-4868 PO Box 161 Hubbardston MA 01452
Kathleen S. Van Wert (508)-355-4612 RFD #2 Northbrookfield Rd. Barre MA 01005
Emotional support for parents of children with special medical, physical and emotional problems.
88/02/23

PARENTING: Special Needs-- Worcester
LOOKING INTO NEEDS OF KIDS PARENTS GROUP (L.I.N.K.)
14 Leominster St. Westminster MA 01473
Geri Spencer (at above address) (508)-874-2803
Donna Peck, Newcomb Rd. Westminster MA 01473
Provide support to parents of children with special needs, especially geared to learning disabilities, but not limited to any specific problem. Provides resources for getting diagnosis and follow-up care for children.
88/02/24

PARENTING: Special Needs-- Worcester
PARENT SHARING
c/o Fran Passler 10 Linda St. Westboro MA 01581
Irene Mossman 363 Hudson St. Northboro MA 01532 (508)-393-2971
To provide resources and support to parents of the handicapped and/or retarded on a one-to-one basis. Operated entirely by volunteers.
88/06/14

PARENTING: Stepfamiies-- Norfolk
GREATER BOSTON CHAPTER OF STEPFAMILY ASSOCIATION OF AMERICA
Joan Weiss (617)-527-0176
Stepfamily Assoc. of America 602 E.Joppa Rd. Baltimore MD 21204
Local chapter of a nonprofit educational organization that acts as a support network and national advocate for stepparents, remarried parents and their children.
88/02/11

PARENTING: Twins-- Statewide
MASSACHUSETTS MOTHERS OF TWINS
25 Carle Rd. Wollaston MA 02170
Lynda Rowland, President (617)-328-4417
An organization for the exchange of ideas, experiences and advice on care and feeding of multiple birth children. 20 chapters throughout the state, monthly meetings. Phone above number for nearest contact.
88/01/11

PARENTING: Other-- Berkshire
BERKSHIRE COUNTY, M.A.D.D.
PO Box 192 Dalton MA 01226 Donna Kelley (413)-684-3133
Mothers Against Drunk Driving provides grassroots leadership to create a major social change in the attitudes and behavior of Americans toward impaired driving: public awareness, victim support, community education.
88/01/15

PARENTING: Other-- Middlesex
GREATER BOSTON CHAPTER OF M.A.D.D.
10 High St. Medford MA 02155 Marian Stokes (617)-391-MADD
Mothers Against Drunk Driving provides grassroots leadership to create a major social change in the attitudes and behavior of Americans toward impaired driving through public awareness, victim support, community education.
88/01/26

PARENTING: Other-- Middlesex
THE SOCIETY FOR YOUNG VICTIMS
PO Box 187 Billerica MA 01866 (508)-663-4394
A national missing children's organization, founded in Rhode Island in 1975 to locate missing children of any age and classification; public education; parent support groups; neighborhood "Safe House" program. A CHILD NET FEDERATION MEMBER (computer networking/teleconferencing); A Missing Children Network Organization (1-800-235-3535); and referral organization of the National Center for Missing and Exploited Children (Washington, D.C. 1-800-847-5678). Other related groups are:
CHILD NET, INC. PO Box 187 Billerica MA 01866
David Landrigan, President (617)-491-6223
"WHY ME?" c/o Henry White 51 Arnold St. Marlboro MA 01752
88/01/19

PARENTING: Other-- Norfolk, Middlesex
CHILDREN IN HOSPITALS, INC.
31 Wilshire Park Needham MA 02192
Barbara Popper (617)-482-2915
Leslie Rosenblatt (508)-655-6369
18 Rathbun Rd. Natick MA 01760
Seeks to support and educate parents who are strongly motivated to keep in close touch with their children during a hospital experience.
88/01/27

PARENTING: Other-- Plymouth
PLYMOUTH COUNTY CHAPTER, M.A.D.D.
PO Box 162 Halifax MA 02338 (617)-585-1888
Mothers Against Drunk Driving provides grassroots leadership to create a major social change in the attitudes and behavior of Americans toward impaired driving through public awareness, victim support, community education.
88/06/14

PARENTING: Other-- Worcester
WORCESTER COUNTY, M.A.D.D.
PO Box 367 Holden MA 01520
Kay Dudley (508)-829-4001
Mothers Against Drunk Driving provides grassroots leadership to create a major social change in the attitudes and behavior of Americans toward impaired driving through public awareness, victim support, community education.
88/01/05

## RELIGIOUS ISSUES

RELIGIOUS ISSUES: Middlesex
HUMANIST FRIENDSHIP GROUP OF NEW ENGLAND
c/o Bruce Nappi Box 63 Reading MA 01867 (617)-944-7220
Provides a social support group for people without religious beliefs. The group welcomes atheists, agnostics, humanists, ethical culturists and those from Eastern "Religions" who do not believe in supernatural beings.
88/08/01

RELIGIOUS ISSUES: Western Mass.
FRIENDS OF FREEDOM
PO Box 836 Northampton MA 01060
G. Joel Stanley (413)-586-2787
Ex-cult members support, research, writing communication, meetings, hotline, counselling, for families, friends and members feeling pressure or experiencing problems entering remaining and leaving any religious affiliation.
89/08/01

## SENIORS

SENIORS: Barnstable
FRIENDS OF SANDWICH SENIORS, INC.
270 Quaker Meeting House Rd., Human Service Building,
Sandwich MA 02537
Council on Aging (508)-888-4737
A corporation founded to help local senior citizens.
89/07/24

SENIORS: Essex, Middlesex, Suffolk
LIVING IS FOR THE ELDERLY (L.I.F.E.)
19 Campbell St. Woburn MA 01801
Susan Lansperry / Marianne Duddy (617)-933-9109
To help nursing and rest home residents to organize on their own behalf to improve the quality of their lives. 11 chapters located in greater Boston and the Merrimack Valley. Call for more information.
88/06/14

SENIORS: Hampshire
GRAY PANTHERS
PO Box 771 Amherst MA 01004 (413)-256-0909
Works to empower the old, the young and everyone in between on ageism, housing and health care through consciousness-raising, education, petition drives, lawsuits, congressional testimony and media monitoring.
89/06/14

SENIORS: Middlesex
GRAY PANTHERS
11 Garden St. Cambridge MA 02138 Gerald Bergman (617)-497-5767
Works to empower the old, the young and everyone in between to take action against ageism through counsiousness-raising, education, petition drives, lawsuits, congressional testimony and media monitoring.
88/05/25

SENIORS: Statewide
AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)
823 Park Square Bldg. Boston MA 02116 (617)-426-1185
68 chapters located throughout the state. Call state office for nearest contact person.
88/05/25

## SEPARATION/DIVORCE

SEPARATION/DIVORCE: Barnstable
SINGLE AGAIN
St. John's Episcopal Church 159 Main St. Sandwich MA 02563
(508)-888-0434 (9:00 a.m. to 12:00 noon)
Support group for anyone in the community who is separated, divorced or widowed. Meets weekly providing social activities, emotional support, etc. Contact the church for more information.
88/05/25

SEPARATION/DIVORCE: Barnstable, Bristol
SEPARATED AND DIVORCED SUPPORT GROUPS
Office of Family Ministry, Diocese of Fall River 500 Slocum Rd.
No. Dartmouth MA 02747 Jerry & Scottie Foley (508)-999-6420
Mutual support for those who are divorced, separated, or widowed.
88/01/26

SEPARATION/DIVORCE: Hampden
SEPARATED AND DIVORCED SUPPORT GROUPS
Office of Pastoral Ministry, Diocese of Springfield
625 Carew St. Springfield MA 01104
Deacon Pat Baldasaro (413)-732-3175 ext. 259
Support groups for those who are experiencing or who have experienced the death of a marital relationship through separation or divorce. Contact the Office of Pastoral Ministry for list of groups.
Mont Marie, Upper Springfield Rd. Holyoke MA
Myra Warren (413)-256-6672 Florence Kaplan (413)-734-1458 or Steve Charest (413)-593-6558
88/01/19

SEPARATION/DIVORCE: Eastern Mass.
CONCERNED FATHERS
PO Box 533 Wakefield MA 01880 (617)-246-7700
For more information: John Mills (617)-986-8543
Free monthly meeting/lecture of Concerned Fathers, an educational/support group dedicated to the concept of shared parenting after divorce. Concerned Fathers of Massachusetts is a seven-year-old statewide nonprofit group.
88/09/12

SEPARATION/DIVORCE: Western Mass.
CONCERNED FATHERS
PO Box 2768 Springfield MA 01101
George Kelly (413)-736-7432 / Chris McCoy (413)-734-3219
To help in the positive restructuring of families after separation and divorce. Emphasis on the rights of children to know and love both parents. Education of professional and private sectors. Support group for parents.
88/05/25

SEPARATION/DIVORCE: Middlesex
SEPARATED, DIVORCED & WIDOWED CHRISTIAN SUPPORT GROUP
St. Bridget's Church 15 Wheeler Ave. Framingham MA 01701
Kathleen Hursen (508)-879-3579
55 Checkerberry Ln. Framingham MA
To aid those who are having difficulty during a separation, divorce or after the death of a spouse. The group also sponsors social activities.
88/03/04

SEPARATION/DIVORCE: Out of State
EX-POSE: Ex-Partners of Servicemen (Women) for Equality
PO Box 11191 Alexandria VA 22312
(703)-941-5844 or (703)-255-2917
Volunteer organization dedicated to achieving equity for ex-wives of servicemen. EX-POSE has members in Masachusetts, but no chapters at this time. Information available re: military divorces.
88/01/25

SEPARATION/DIVORCE: Suffolk
SEPARATED/DIVORCED CATHOLIC SUPPORT GROUPS
Family Life Office, Archdiocese of Boston 2121 Commonwealth Ave. Brighton MA 02135 Florence Gaia, Coordinator (617)-783-2451
Groups provide an atmosphere of understanding, compassion and support to those who are moving through separation and/or divorce. Contact Family Life Office for complete list of groups meeting in the archdiocese.
88/01/25

SEPARATION/DIVORCE: Worcester
MINISTRY TO SEPARATED AND DIVORCED CATHOLICS
Office of Family Life Ministry
49 Elm St. Worcester MA 01609 (508)-791-7171
Support groups throughout Diocese of Worcester for those who are experiencing or who have experienced the end of a marital relationship through separation or divorce. Contact Family Life Office for list of groups.
88/01/19

## SEXUALITY

SEXUALITY: Statewide
THE INTERNATIONAL FOUNDATION FOR GENDER EDUCATION (IFGE)
PO Box 367 Wayland MA 01778 or 6 Cushing St. 2nd Floor, Waltham MA 02154 (617)-894-8340 or (617)-899-2212
Rap groups and healing circles for male and female cross-dressers and transsexuals, groups for wives, parents, gender conflicted people with substance abuse problems, etc. Leadership, education, referrals. Maintains a list of over 200 support organizations and services world-wide.
90/03

SEXUALITY: Essex
NORTH SHORE GAY AND LESBIAN ALLIANCE (NSGLA)
PO Box 806 Marblehead MA 01945
Joseph Antonelli, corres. secretary (508)-745-3848 (Infoline)
77 Humphrey St. Marblehead MA 01945
Was created to offer opportunities for self-awareness and education, social and community action and the protection of our civil rights. Founded in 1978.
88/05/25

SEXUALITY: Hampden
WESTERN MASS. P-FLAG
(Parents-Friends of Lesbians & Gays)
Marjorie Morgan (413)-732-0677 (answering service)
915 Sumner Ave. Springfield MA 01118
Gladys (413)-786-5079 after 6 (parent contact)
Provides an opportunity for parents and friends of gay and lesbian children to gather for information and support. Meets monthly. Call for more information
89/07/25

SEXUALITY: Hampshire
PIONEER VALLEY CHAPTER P-FLAG
PO Box 55, So. Hadley MA 01075
(413)-532-4883 (So.Hadley) or (413)-253-3354 (Amherst)
Provides an opportunity for parents and friends of gay and lesbian children to gather for support and information. Meets monthly. Call for more information.
89/07/25

SEXUALITY: Hampshire
KALEIDOSCOPE
Box 1123, Greenfield MA 01302 For information call:
Carrie (413)-525-2188 Warren (413)-586-4277 Dave (413)-773-3092
A group of older lesbians, gays, bisexuals and friends in West. Mass. Purposes: get to know one another, share support, engage in activities that will help us feel welcomed in the communities where we live. Meets 1st Monday of month (2nd if 1st is a holiday) 6:30-9:00 p.m., Bangs Community Ctr., Amherst.90/06

SEXUALITY: Suffolk
DIGNITY/BOSTON
355 Boylston St. Boston MA 02116 (617)-536-6518
Dignity, Inc. International Office (202)-861-0017
1500 Massachusetts Ave. NW Suite 11 Washington DC 20005
Dignity is organized to unite all gay and lesbian Catholics, to develop leadership and to be an instrument through which the gay and lesbian Catholic may be heard by the Church and Society.
88/02/25

## SINGLES

SINGLES: Norfolk
SOLO
116 South St. Foxboro MA 02035
Marge Werner (508)-285-9691 4 Young Terr. Norton MA 02766
Ralphie Brown (617)-769-4000 ext. 3304
897 East St. Wrentham MA 02093
To foster friendship between single people. SOLO is a social group for single people--divorced, never married, widowed.
88/01/25

SINGLES: Western Mass
CHANGING SINGLES
PO Box 836 Northampton MA 01060
G. Joel Stanley (413)-586-2787
Changing Singles is multi-faceted, serves several functions. Support, activities, referrals, networking, counselling, buddy system, encourages risks, conquering fears, doing new things, thinking new ways, education.
89/08/01

WOMEN: Hampshire
EVERYWOMAN'S CENTER
Wilder Hall, Univ. of Mass. Amherst MA 01003
Sandy Mandell, Resource/Referral Coordinator (413)-545-0883
Offers 8-week mutual help support groups for women in fall and spring semesters for: Incest Survivors, Battered Lesbians, Food/Body Issues, Single Parents, Lesbian Mothers, Women in the Trades.
88/05/25

WOMEN: Middlesex
WOMEN'S CENTER
46 Pleasant St. Cambridge MA 02139 (617)-354-8807
A resource for many support groups for women and information on support groups outside of the Women's Center.
89/07/20

WOMEN: Statewide
BAY STATE CENTERS FOR DISPLACED HOMEMAKERS
c/o Bay State Skills Corp. 101 Summer St. Boston MA 02110
Donna M. LeClair, State Director
1-800-462-3282 or (617)-292-5100
To assist widowed, divorced, separated and coming off of public assistance individuals in finding economic self-sufficiency. Offers support groups, career counseling, assessment, training and referrals to jobs and education programs.
88/01/19

WOMEN: Statewide
NATIONAL ORGANIZATION FOR WOMEN (N.O.W.)
Mass. Chapter 971 Commonwealth Ave. Boston MA 02215
(617)-782-1056
Call state office for contact number of nearest chapter (17 in Massachusetts).
NOW is organized to take action to bring women into full participation in the mainstream of American society.
89/07/14

## HOSPITAL MUTUAL HELP GROUPS

ATHOL MEMORIAL HOSPITAL
Medical Social Service Department
2033 Main St.
Athol MA 01331

Contact: Allen Young, director of public relations, 2033 Main St., Athol MA 01331 (508)-249-3511 Ext. 188

ALZHEIMER'S DISEASE SUPPORT GROUP
To provide emotional support, education and resource referrals for family members who seek information and help while caring for an elderly family member. Group meets from 4:00-6:00 pm the third Wednesday of every month.

CANCER SUPPORT GROUP
To provide opportunities for patients and concerned others to receive support and information about coping with cancer. Group meets 7:00 pm last Monday of every month.

BEREAVEMENT SUPPORT GROUP
A compassionate environment for people who want help coping with death. Group meets 7:00-8:30 am, last Wednesday of every month.

DIABETES SUPPORT GROUP
An opportunity to obtain information and share experiences. Group meets 7:00-8:00 pm, third Tuesday of every month.

BETTER BREATHERS CLUB
For adults with breathing problems and lung ailments such as emphysema, chronic bronchitis and asthma. Group meets second Thursday of every month at 1:30 pm.

COMMUNITY WORKSHOP FOR WEIGHT CONTROL
For people who are concerned about their weight. Open to all - men, women, children. Meets at Community Health Service, 423 Main St., Athol on Monday evenings, 5:30-7:30. (Weigh-in, 5:30-7:00, educational program 7:00-7:30.
Weekly fee is $1.50 for weigh-in - all funds distributed to those who lose the most weight each week.

BREAST CLINIC
Clinic features low-cost ($50) low-radiation mammograms plus instruction in self-examination. Last Wednesday of every month, 1:00-8:00 pm. Conducted by female staff, including chief of radiology Shameem Menon, M.D. Walk-in or call for reservation (249-3511, ext. 135 or 180)
90/03

BURBANK HOSPITAL
Gerontology Services
Nichols Road
Fitchburg MA 01420

ALZHEIMER'S DISEASE SUPPORT GROUP
Priscilla Remal (508)-343-5000
Support group for families and caretakers of Alzheimer's victims.
88/01/25

CHOATE HOSPITAL
21 Warren Avenue
Comm. Health Ed. Dept.
Woburn MA 01801

ARTHRITIS EDUCATIONAL SUPPORT GROUP
(617)-933-6700
Groups meet in Billerica, Woburn and other locations.
88/02/24

COOLEY DICKINSON HOSPITAL, INC.
Staff Development
30 Locust St.
Northampton MA 01060-9990

CANCER SUPPORT GROUP
Staff Development (413)-584-4090 ext. 2393
Bimonthly support group offering the person with cancer and/or family members an opportunity to share feelings, fears and exchange information.
88/02/12

FRAMINGHAM UNION HOSPITAL
Social Service Department
115 Lincoln St.
Framingham Ma 01701

BEREAVEMENT GROUP
Dorothy Hutchins, LICSW (508)-879-7111 ext. 2734
Groups meet for 10 weeks to help members identify personal concerns and issues regarding the loss of a loved one.

ALZHEIMER'S SUPPORT GROUP
Marily Brien, LICSW (508)-879-7111 ext. 2734
Ten week sessions help members explore issues and feelings in dealing with a family member who has Alzheimer's.

(Cont. on next page)

MULTIPLE SCLEROSIS SUPPORT GROUP
Joanne (508)-879-7111 ext. 2734
One group for people with MS, a second group for family members or those close to someone with MS to explore issues in living with chronic illness.

BREAST CANCER SUPPORT GROUP
Fran Connors (508)-879-7111 ext. 2079
Group meets once a month.
88/01/28

HARRINGTON MEMORIAL HOSPITAL
Director of Social Services
100 South St.
Southbridge MA 02550

MULTIPLE SCLEROSIS SELF HELP GROUP
Roger Lamontagne (508)-765-9771 ext. 316

CANCER SELF HELP PROGRAM
Same contact as above)
88/01/26

LAWRENCE GENERAL HOSPITAL
Social Service Department
One General Street
Lawrence MA 01842

H.O.P.E.
Kathy Kineen, Social Serv. Dept. (508)-683-4000, ext. 2550
Bereaved parents support group for parents who have lost a child through neonatal death. Monthly meeting.
88/01/20

MARLBOROUGH HOSPITAL
Social Service Department
57 Union St.
Marlborough MA 01752

ALZHEIMER'S SUPPORT GROUP
Lucille Killoh, Social Serv. Dept. (508)-485-1121
Meets monthly.

CANCER SUPPORT GROUP
Same contact as above. Meets monthly.

MASSACHUSETTS GENERAL HOSPITAL
Bunker Hill Health Center
73 High Street
Charlestown MA 02129
(617)-242-5784

FAMILY AND FRIENDS OF PEOPLE WITH OBSESSIVE-COMPULSIVE DISORDER
Support group for family and friends of O.C.D. Free. Meets at Mass General Hospital, Bulfinch 2, Conference Room first and third Thursday of the month.

NEWTON-WELLESLEY HOSPITAL
Social Work & Continuing Care Department
2014 Washington St.
Newton MA 02162

ALZHEIMER'S DISEASE FAMILY SUPPORT GROUP
Lorrie Levine, LICSW (617)-243-6085
To provide support and information to family members of persons with Alzheimer's Disease.

CANCER SUPPORT GROUP
Janet Ruston, LICSW (617)-243-6085
To provide ongoing support to family members of persons with cancer.

CANCER SUPPORT GROUP (for women with breast cancer)
Jane Parks, MSW (617)-243-6085
To provide support, understanding and information to women with breast cancer
88/01/13

SHRINERS HOSPITAL FOR CRIPPLED CHILDREN
Director of Social Services
516 Carew St.
Springfield MA 01104

GIRLS WITH MYELODYSPLASIA SUPPORT GROUP
Elli Meeropol, RN (413)-781-6750
For adolescent girls as part of outpatient clinic.

SCOLIOSIS SUPPORT GROUP FOR ADOLESCENTS
Mary Allan, LICSW (413)-781-6750
Meets when several scoliosis patients request it.

LIMB DEFICIENCY SUPPORT NETWORK BY MAIL
Mary Allan, LICSW (413)-781-6750
S.S. Department sends out newsletter 3-4 times a year to families with limb deficient child. Names and addresses shared; families encouraged to get in touch.
88/02/26

ST. ANNE'S HOSPITAL
Social Service Department
795 Middle St.
Fall River MA 02721

NARCOTICS ANONYMOUS
Social Work Department (508)-674-5741

NAR-ANON
Social Work Department (508)-674-5741
For family and friends of drug abusers.
88/02/24

ST. ELIZABETH'S HOSPITAL
Continuing Care Department
736 Cambridge St.
Brighton MA 02135

CANCER SUPPORT GROUP
Call: (617)-789-2257
Support group meets every Thursday: Free, open to parents and family members.

PULMONARY SUPPORT GROUP
Call: (617)-789-2257
Educational/support group, meets monthly.
88/01/28

STURDY MEMORIAL HOSPITAL
Social Work Service
211 Park St., PO Box 649
Attleboro MA 02703-0649

CANCER SUPPORT GROUP
Nancy O'Neill, LICSW (508)-222-5200

STROKE CLUB
Judy Adams, RPT (508)-222-5200
88/01/13

SYMMES HOSPITAL
Community Health Education Department
Hospital Road
Arlington MA 02174

CANCER SUPPORT GROUP
(617)-646-1500, ext. 1428
For those with cancer, family and friends to discuss concerns and provide support.

(Cont. on next page)

OSTOMY EDUCATIONAL SUPPORT GROUP
Joan Halpin, enterostomal ther. (617)-646-1500, ext. 1064
Meets every two months, open to the public.

DIABETES EDUCATIONAL SUPPORT GROUP
Meets monthly for guest speaker or film and for the opportunity to share in a supportive group environment.
Free, open to the public.
88/02/25

## ADDITIONAL RESOURCES

### IN MASSACHUSETTS

Following are some of the human service directories in the Commonwealth which list self-help groups and have been useful to us in compiling this directory:

Access: Services and Programs for Older Adults in the Merrimack Valley"
ElderServices of the Merrimack Valley, Inc.
420 Common Street
Lawrence MA 01840
1-800-892-0890

All the Help You Can Get: 1984
(A Directory of Human Service Providers)
Direct Information Service
The Jones Library
43 Amity St.
Amherst MA 01002
(413)-256-0121

Answers at Memorial Hall Library
Memorial Hall Library
Elm Square
Andover MA 01810
(508)-470-1184

Children's Resource Guide to the Berkshires
Berkshire Office for Children
150 North St.
Pittsfield MA 01201
(413)-499-4492

Community Human Services Directory of Plymouth County
Mayflower R.S.V.P.
18 Leyden St.
Plymouth MA 02360
(508)-746-5881

Connections: A Resource Directory of Human Services, Franklin Co.
Social Service Help
39 Federal St.
Greenfield MA 01301
1-800-322-0270

Directory of Self-Help Groups
United Way of Mass. Bay
87 Kilby St.
Boston MA 02109
(617)-482-1454

HELP: A Directory of Human Services
First Call: United Way of Pioneer Valley
184 Mill St.
Springfield MA 01108
(413)-737-2712

HELP: A Directory of Human Services
First Call: United Way of Central Mass.
484 Main St. - Denholm Bldg.
Worcester MA 01608
(508)-755-1233

Human Service Yellow Pages of Greater Boston
PO Box 106
West Somerville MA 02144
(617)-268-9690

Information for Individuals With Disabilities
20 Park Plaza, Room 330
Boston MA 02116
(617)-727-5540/Voice
(617)-727-5236/TTY
1-800-462-5015/Mass.

Playgroups and Mother's Groups
Child Care Connection
United Way of Central Mass
484 Main St. - Denholm Bldg.
Worcester MA 01608
(508)-757-5631, ext. 78

OF SPECIAL INTEREST:

Helping You Helps Me: A Guide Book for Self-Help Groups
By Karen Hill
An 80-page booklet published by Social Service Program Branch, Health and Welfare Canada. Copies available for $1 from:

Canadian Council on Social Development
PO Box 3505
Ottawa, Ontario K1Y 4G1
Canada
(613)-728-1865

## SELF-HELP CLEARINGHOUSES IN THE NORTHEAST U.S.

### CONNECTICUT

Connecticut Self-Help/Mutual Support Network
Consultation Center
19 Howe St.
New Haven CT 06511
Vicky Spiro Smith (203)-789-7645

### New Jersey

New Jersey Self-Help Clearinghouse
St. Clare's-Riverside Medical Center
Pocono Rd.
Denville NJ 07834
Edward J. Madara, Director (201)-625-9565

### New York

New York State Self-Help Clearinghouse
N.Y. Council on Children & Families
Empire State Plaza, Tower 2
Albany NY 12223
Mary Huber, Director (518)-474-6293

Westchester Self-Help Clearinghouse
Westchester Community College
Academic/Arts Bldg.
75 Grasslands Ave.
Valhalla NY 10595
Leslie Borck, Director (914)-347-3620

Brooklyn Self-Help Clearinghouse
Heights Hills Mental Health Service
30 Third Ave.
Brooklyn NY 11217
Carol Berkvist, Director (718)-834-7341

Long Island Self-Help Clearinghouse
New York Institute of Technology
Central Islip Campus
Central Islip NY 11722
Audrey Lief, Director (516)-348-3030

New York City Self-Help Clearinghouse
1012 8th Avenue
Brooklyn NY 11215
Fran Dory, Director (718)-788-8787

Pennsylvania

Self-Help Group Network of the Pittsburgh Area
710 1/2 South Avenue
Wilkensburg PA 15221
Betty Hepner, Coordinator (412)-247-5400

National Mental Health Consumer Self-Help Clearinghouse
311 South Juniper St., Rm. 902
Philadelphia PA 19107
Carmen Meek (215)-735-2481

Self-Help Information and Networking Exchange (S.H.I.N.E.)
Voluntary Action Center of NE Pennsylvania
200 Adams Ave.
Scranton PA 18503
Arlene Hopkins, Director (717)-961-1234

Vermont

Vermont Self-Help Clearinghouse
c/o Parents' Anonymous
PO Box 829
Montpelier VT 05602
(802)-229-5724

Washington, D.C., & Virginia

Greater Washington Self-Help Coalition
Mental Health Assn. of Northern Virginia
100 N. Washington St., Suite 232
Falls Church VA 22046
Linda Figuerosa, Coordinator (703)-536-4100

FOR SELF-HELP INFORMATION ON THE NATIONAL LEVEL:

National Self-Help Clearinghouse
Graduate School and University Ctr./CUNY
33 W. 42nd St., Room 1206 A
New York NY 10036
Frank Riessman, Director (212)-840-1259

NATIONAL ORGANIZATIONS

## Aging/Older Adults

American Association of Retired Persons (AARP)
National. 3500 Chapters. Founded 1958. Dedicated to helping older Americans achieve retirement lives of independence, dignity & purpose. Oldest & largest organization of people age 50 & over, retired or not.
Write: AARP, 1909 K St., NW, Washington, DC 20049.
Call (202) 872-4700.

## A.I.D.S.

National Association of People With A.I.D.S.
70 Affiliated groups. Founded 1986. Network of persons with AIDS. Information sharing, collective voice for health, social & political concerns. Phone & mail networking, quarterly newsletter, speakers bureau.
Write: 2025 Eye St., NW, Suite 415, Washington, DC 20006.
Call (202) 429-2856.

## Alcoholism

Alcoholics Anonymous
International. 73,000 Groups. Founded 1935. Fellowship sharing experiences, strengths, and hopes with each other so they may solve their common problems and help each other recover from alcoholism. Newsletter. Group development guidelines. Pen pals, phone support network.
Write: Box 459, Grand Central Station, New York, NY 10163.
Call (212) 686-1100.

Al-Anon Family Group
International. 27,000+ Groups. Founded 1951. Provides help for family members & friends of problem drinkers by offering comfort, hope & friendship through shared experiences. "Lone Member Letterbox" newsletter. "Al-Anon Speaks Out" newsletter for professionals. Guidelines for developing new groups.
Write: PO Box 862, Midtown Station, New York, NY 10018-6106.
Call (212) 302-7240.

Alateen/Ala-preteen/Alatot
International. 3,000+ Groups. Founded 1957. Fellowship of children of any age who live with an alcoholic to learn effective ways of coping. Helps members achieve detachment from alcoholic family member. Newsletter, pen pal "Loner's Service." Chapter development kit.
Write: Al-Anon Family Group Headquarters, PO Box 862, Midtown Station, New York, NY 10018-6106.
Call (212) 302-7240.

Adult Children of Alcoholics
International. 350 Meetings. Founded 1984. A 12-step, 12-tradition program of recovery for adults who were raised in an alcoholic, dysfunctional environment. Mutual help in mourning their loss in childhood and in learning skills of re-parenting. Monthly newsletter $5/yr. New meeting packet $2.
Write: PO Box 35623, Los Angeles, CA 90035
Call (213) 464-4423.

National Association for Children of Alcoholics
19 Chapters. Founded 1983. Support and information for children of alcoholics of all ages and those in a position to help them. Referrals to meetings, quarterly newsletter, group development guidelines. Dues $35.
Write: 31706 Coast Highway, Suite 201, South Laguna, CA 92677.
Call (714) 499-3839.

## Alzheimer's Disease

The Alzheimer's Disease & Related Disorders Association.
National. 164 Chapters. Founded 1979. Information & assistance for caregivers of Alzheimer's patients. Quarterly newsletter. Chapter development kit.
Write: 70 E. Lake St., Suite 600, Chicago, IL 60601
Call (312) 853-3060, 800-621-0379, (within Illinois) 800-572-6037.

## Anorexia/Bulimia

B.A.S.H. (Bulimia Anorexia Self-Help)
National. 1 Chapter. Founded 1981. Information & self-help groups for people with anorexia or bulimia and their families. Free literature, informal meetings & discussion groups led by trained peer facilittor. Monthly newsletter $25. Annual conference. Group facilitator's manual.
Write: 6125 Clayton Ave., Suite 215, St. Louis, MO 63139.
Call (314) 991-BASH or 800-BASH-STL.

## Arthritis

Arthritis Foundation Support Groups
National. 72 Chapters. Founded 1948. Education, support and social activities for people with arthritis and their families and friends. Bimonthly newsletter for group leaders, pen pal network for children, group development guidelines.
Write: 1314 Spring St., Atlanta, GA 30309.
Call (404) 872-7100.

## Battering

Batterers Anonymous
National. 35 Chapters. Founded 1979. Self-help rogram for men who wish to control their anger and eliminate their abusive behavior toward women. Buddy system, videotape training program, manuals $80.
Write: B.A. Press, 1269 N. "E" St., San Bernardino, CA 92405.
Call Dr. Jerry Goffman (714) 884-6809.

## Blind/Visually Impaired

American Council of The Blind
National. 150+ Affiliated groups. Founded 1961. Strives to improve the well-being of all blind & visually impaired people through education, support and advocacy. Annual national conference, information and referrals. Newsletter. Chapter development guidelines.
Write: 1010 Vermont Ave., NW, Suite 1100, Washington, D.C. 20005.
Call (202) 393-3666 or 800-424-8666.

## Burn Victims

The Phoenix Society
International. 95 Chap;ters. Founded 1977. Organization of recovered burn bictims who work with severely burned people and their families during and after hospitalization. Pen pal network, chapter starter kit, quarterly newsletter, phone network, national and international conferences, books, audio-visual materials.
Write: 11 Rust Hill Rd., Levittown, PA 19056
Call (215) 946-4788.

## Cancer

Candlelighters Childhood Cancer Foundation
International. 200 Groups. Founded 1976. Network of parents of children with cancer. Links parents, families & groups to share feelings and experiences, exchange information and break down social isolation. Guidance in coping with childhood cancer. Newsletter. Group development guidelines.
Write: 1901 Pennsylvania Ave., NW, Washington, DC 20006.
Call (202) 659-5136.

## Caregivers of Aging/Ill

Children of Aging Parents (C.A.P.S.)
National. 7 Groups. Founded 1977. Provides support & guidance for all caregivers of the aged. Assists in formation of support groups. Programs to educate public re: needs of elderly & caregivers. Training programs, monthly newsletter, group starter packet and manual $20 + postage. $15 individual dues.
Write: 2761 Trenton Rd., Levittown, PA 19056.
Call (215) 945-6900

## Child Abuse

Parents Anonymous
National. 1450 Chapters. Founded 1970. Mutual help for parents who are, or fear they may be, physically and/or emotionally abusing their kids. Groups use professional sponsors. Semi-annual newsletter. Information and referral. Guidelines for developing groups. Also sponsors some abused kids groups.
Write: 6733 S. Sepulveda Blvd., #270, Los Angeles, CA 90045.
Call 800-421-0353.

## Childbrith/Cesarean Birth

LaLeche League
National. 2400 Chapters. Founded 1956. Support & education for breastfeeding mothers, group discussions, personal help, classes and conferences. Publishes literature on breastfeeding and parenting. Dues $20. Bimonthly newsletter, quarterly abstracts. Telephone support network.
Write: Box 1209, Franklin Park, IL 60131.
Call (312) 455-7730.

International Childbirth Education Association, Inc.
300 Member groups. Founded in 1960. Individuals & groups committed to family-centered maternity care & the philosophy of freedom of choice based on knowledge of alternatives. ICEA network locates classes & birthing options. Newsletter, books & pamphlets.
Write: PO Box 20048, Minneapolis, MN 55420-0048.
Call (612) 854-8660.

## Crime Victims/Offenders

Victims for Victims
National. 4+ Chapters. Founded 1983. Brings crime victims together to share their experiences, encourage each other, & work to expand victims' rights. Victims are matched with survivors of a similar crime for emotional support. Weekly support groups. Referrals to therapists. Advocacy.
Write: 1800 S. Robertson Blvd., Bldg. 6, Suite 400, Los Angeles, CA 90035.
Call (213) 850-5001.

M.A.D.D. (Mothers Against Drunk Driving)
Founded 1980. 385 Chapters. Mobilizes victims and their allies to establish the public conviction that impaired driving is unacceptable and criminal, in order tyo promote corresponding public policies, programs & personal accountability. Newsletter, chapter development guidelines. Dues $20.
Write: 669 Airport Freeway, Suite 301, Hurst, TX 76053.
Call (817) 268-6233.

## Deaf/Hearing Impaired/Tinnitus

National Association of the Deaf
National. 50 Chapters. Founded in 1880. Advocacy, support, & education for deaf & hearing impaired people, their families, & any concerned individuals. Information & referral, training programs, communicative skills program. Newsletter, magazine, Junior N.A.D. for deaf youth.
Write: 814 Thayer Ave., Silver Spring, MD 20910.
Call (301) 587-1788.

American Society for Deaf Children
National. 96 Affiliates. Founded 1967. Information & support for parents & families with children who are deaf or hearing impaired. Bimonthly newsletter, telephone support network. Membership dues $25.
Write: 814 Thayer Ave., Silver Spring, MD 20910.
Call (301) 585-5400 Voice & TDD.

Self-Help for Hard of Hearing People, Inc. (SHHH)
International. 200 Chapters. Founded 1979. Volunteer, international & educational organization devoted to the welfare & interests of the hard of hearing, their families & friends. Bimonthly journal, $12 dues, pen pal program, chapter development guidelines $10.
Write: 7800 Wisconsin Ave., Bethesda, MD 20814.
Call (301) 657-2248 or 657-2249 (TTY).

## Death of a Child/Miscarriage

Compassionate Friends
National. 516 Chapters. Founded 1969. Offers support, friendship & understanding to parents & siblings bereaving the death of a child. Telephone support, information on the grieving process, monthly chapters meetings. Newsletter $5/year. Chapter leaders' manual. Resource library.
Write: PO Box 3696, Oak Brook, IL 60522-3696.
Call (312) 990-0010.

A.M.E.N.D.-Aiding Mothers & Fathers Experiencing Neo-natal Death Model. Founded 1974. Offers support & encouragement to parents having a normal grief reaction to the losss of their baby. One-to-one peer counseling with trained volunteers.
Write: Maureen Connelly, 4324 Berrywick Terr., St.Louis MO 63128.
Call (314) 487-7582.

National Sudden Infant Death Syndrome (SIDS) Fdn.
80+ Chapters. Founded 1962. Provides emotional support for families of SIDS victims through local chapters. Supports research, educates public. Newsletter, telephone support network, chapter development guidelines.
Write: 8200 Professional Pl., Suite 104, Landover, MD 20785.
Call 800-221-SIDS. From within Maryland call (301)-459-3388.

Parents of Murdered Children
National. 50 Chapters. Founded 1978. Provides self-help groups, phone counseling, & assistance toward realistic recovery. Provides greater community understanding for survivors, helps launch chapters & contact persons throughout the country. Newsletter, peer counseling, chapter development guidelines.
Write: 100 E. Eighth St., B-41, Cincinnati, OH 45202.
Call (513) 721-5683.

## Death of Loved One - Spouse

Widowed Persons Service
National. 197 Chapters. Founded 1973. A program run in cooperation with A.A.R.P. & local community groups, providing one-to-one peer support for widows and widowers. Provides manuals on starting support groups, quarterly newsletter, referral services & public education.
Write: 1909 K St., NW, Washington, DC 20049
Call (202) 728-4370

## Death of Loved One - Suicide

Survivors of Suicide (S.O.S.)
National. 100 Groups. Founded 1980. Helps families & friends of suicide victims cope with the sorrow & tragedy. Free monthly newsletter, lending library, phone networking, referral to other survivors groups. Guidelines for starting groups.
Write: Sharry Schaefer, 3251 N. 78th St., Milwaukee, WI 53222
Call (414) 442-4638

## Debt

Debtors Anonymous
Model. Founded 1977. Program providing group support and a "buddy system" to help members set budgets and develop saving habits. "Help Yourself Get Out of Debt Kit" $5. Group organizing kit $10.
Write: Women's Center, 198 Broadway, New York, NY 10038
Call (212) 964-8934

## Disability - Physical

Spinal Cord Society
International. 175 Chapters. Founded in 1978. Organization of the spinal-injured, families and friends, dedicated scientists and physicians. Aims at ultimate goal of finding ucre through improved treatment and research. Promotes public awareness & community outreach. Monthly newsletter.
Write: 2410 Lakeview Dr., Fergus Falls, MN 56537
Call (218) 739-5252

## Divorce/Separation

North American Conference of Separated & Divorced Catholics
National. 3000+ Groups. Founded 1975. Religious, educational & physchological aspects of divorce and remarriage are addressed through self-help groups, conferences and training programs. Families of all faiths are welcome. Group development guidelines. Newsletter. Membership dues $12.
Write: 1100 S. Goodman St., Rochester, NY 14620
Call (716) 271-1320

National Organization for Men
21 Chapters. Founded 1983. Seeks equal rights for men, uniform national divorce, custody, property & visitation law. Educational seminars. New York City men's health clinic planned. Newsletter.
Write: 381 Park Ave. S., New York, NY 10016
Call (212) 686-MALE

## Drug Abuse

Narcotics Anonymous
International. 900+ Chapters. Founded 1953. Fellowship of men & women for whom drugs had become a major problem. Recovering addicts meet regularly to help each other to stay clean. Monthly magazine $12/yr. Pen pal program, phone network, group development guidelines, Braille in 7 languages, audio-tapes, literature.
Write: PO Box 9999, Van Nuys, CA 91409
Call (818) 780-3951

T.R.A.N.X. (National Tranquillizer Advice Center)
Founded 1982. Self-help groups, information, advice, phone support, and referrals for people dependent on minor tranquilizers. Quarterly newsletter.
Write: 25A Masons Ave., Wealdstone, Harrow, Middlesex, HA3 5AH, United Kingdom.
Call 01-427-2065 or 01-427-2827

## Epilepsy

Epilepsy Foundation of America
National. 86 Affiliates. Founded 1967. Information and support for people with epilepsy, their families and friends. Newsletter. Affiliates development kit. Referrals to local affiliates, some of which have support groups. Information on legal rights and employment.
Write: 4351 Garden City Dr., Landover, MD 20785
Call (301) 459-3700

## Foster Parents/Children

National Foster Parent Association, Inc.
Support, education and advocacy for foster parents and their children. Bimonthly newsletter. Chapter development guidelines.
Write: 226 Kilts Dr., Houston TX 77024
Call (713) 467-1850

## Gambling

Gamblers Anonymous
International. 700 Chapters. Founded 1957. Fellowship of men & women who share experiences, strength & hope with each other to recover from compulsive gambling, following a 12-step program. Chapter development kit. Monthly bulletin for members.
Write: PO Box 17173, Los Angeles CA 90017
Call (213) 386-8789

## Head Injury/Brain Tumor/Coma

National Head Injury Foundation
30 Chapters. Founded 1980. For survivors of head injuries, their families and interested professionals. Mutual support, education, advocacy & public education. Quarterly newsletter, chapter development guidelines.
Write: 333 Turnpike Rd., Southboro MA 01772
Call 1-800-444-NHIF

## Heart

Mended Hearts
National. 180 Chapters. Founded 1951. Self-help groups for persons who are heart patients. Was initially started for those who had heart surgery and their families. Quarterly newsletter. Dues $15/individual; $22/family. Chapter development kit.
Write: 7320 Greenville Ave., Dallas TX 75231
Call (214) 750-5442

## Infertility

Resolve
National. 48 Chapters. Founded 1973. Emotional support & medical referrals for infertile couples. Peer counseling, education for members & public. Chapter development kit, newsletter 5x/year.
Write: 5 Water St., Arlington MA 02174
Call (617) 643-2424

## learning disabilities

Assoc. for Children & Adults With Learning Disabilities (ACLD)
National. 800 Chapters. Founded 1963. Organization formed by concerned parents, devoted to defining & finding solutions for the broad spectrum of learning problems. Information & referrals, advocacy. Bimonthly newsletter. $15 dues. Chapter development guidelines.
Write: 4156 Library Rd. Pittsburgh, PA 15234
Call (412) 341-1515

Attention Deficit Disorder Parent Support Group
Model. Founded 1984. Mutual support for parents of children with attention deficit disorder. Education, information & sharing of ideas for parents, educators & medical personnel. Group starter kit available $10.
Write: 47 Kristin Rd., Plymouth MA 02360
Call (617) 746-3959 or (617) 746-7093

## Lupus

The Lupus Foundation of America, Inc.
Natinal. 240 Chapters. Founded 1977. Support groups & educational programs for lupus (systemic lupus erythematosus) sufferers and their families. Membership newsletter, chapter development guidelines.
Write: 1717 Massachusetts Ave.,NW, Suite 203, Washington DC 20036
Call 800-872-9036

## Manic-Depression/Depression

Helping Hands
Model. For people with manic-depressive or clinical depression. Provides support in personal growth, information about facilities, helps promote knowledge about widespread incidence of these disorders, informal correspondence network, phone support network.
Write: c/o Rita Martone, 86 Poor St., Andover MA 01810
Call (617) 475-3388

## Marriage

Association of Couples for Marriage Enrichment
Founded 1973. Network of couples who want to enhance their own relationship as well as help strengthen marriages of other couples. Local chapters sponsor support groups, retreats, workshops. Monthly newsletter. Leadership training, conferences.
Write: PO Box 10596, Winston-Salem NC 27108
Call (919) 724-1526

## Mastectomy/Breast Cancer

Y-Me Breast Cancer Support Program
National. Founded 1978. Information & peer support for breast cancer patients and their families during all stages of the disease. Newsletter. Group development guidelines. Conferences.
Write: 18229 Harwood Ave., Homewood IL 60430
Call 800-221-2141

S.H.A.R.E. (Self-Help Action and Rap Experience)
Model. Founded 1976. Self-help organization serving women faced with the emotional, social & non-medical problems of breast cancer. Support groups led by trained leaders who have had breast cancer. Educational programs open to everyone.
Write: 817 Broadway, New York NY 10003
Call (212) 260-0580

## Mental Health - General

Recovery, Inc.
National. 950 Chapters. Fopunded 1937. A community mental health organization that offers a self-help method of will training; a system of techniques for controlling tempermental behavior & changing attitudes toward nervous symptoms & fears. Newsletter, chapter development guidelines, phone network, films/videotapes.
Write: 802 N. Dearborn St., Chicago IL 60610
Call (312) 337-5661

Emotions Anonymous
National. 1200 Chapters. Founded 1971. Fellowship sharing experiences, hopes and strengths with each other, using 12 step program, in order to gain better emotional health. Quarterly newsletter, "E.A. Loner's" pen pal program. Chapter development guidelines.
Write: PO Box 4245, St. Paul MN 55104
Call (612) 647-9712

## Mental Health Consumers

National Alliance of Mental Patients
Founded 1985. To further the development of user-controlled alternatives to the menal health system including self-help groups and to link these groups. To improve quality of life for current & former mental patients. Group development guidelines.
Write: PO Box 618, Sioux Falls SD 57101
Call (605) 334-4057

## Mentally Ill - Families of

National Alliance for the Mentally Ill
730 Chapters. Founded 1979. Coalition of self-help-groups for relatives of the seriously mentally ill. Emotional & educational support. Bi-monthly newsletter $25, group development guidelines.
Write: 1901 N. Fort Meyer Dr., Arlington VA 22209
Call (703) 524-7600

National Sibling Network
75 Groups. Founded 1982. Support & information for siblings of persons with mental illness. Provides assistance & training to start self-help groups. Quarterly newsletter. Conferences, speakers bureau. Group facilitation manual.
Write: PO Box 300040, Minneapolis MN 55403
Call (612) 872-1565

## Mental Retardation/Developmental Disability

Association for Retarded Citizens
National. 1300 Chapters. Founded 1950. Provides support for families of people with mental retardation. Some chapters sponsor support & advocacy groups. Provides services for people with developmental disabilities. Bimonthly newsletter. Dues $15. Chapter development guidelenes.
Write: 2501 Avenue J, Arlington TX 76006
Call (817) 640-0204

National Down Syndrome Congress
500 Chapters. Founded 1974. Support, information & advocacy for families affected by Down Syndrome. Promotes research & public awareness. Serves as clearinghouse & network for parent groups. Newsletter. Dues $15. Pen pal program, phone support, chapter development guidelines.
Write: 1800 Dempster St., Park Ridge IL 60068-1146
Call 1-800-232-NDSC; or in IL (312) 823-7550

## Multiple Sclerosis

National Multiple Sclerosis Society
700+ Groups. Founded 1946. Funds research in multiple sclerosis, provides information & referrals, support groups for patients & families, professional education. Quarterly newsletter.
Write: 205 East 42nd St., New York NY 11791
Call 1-800-624-8236

## Obsessive-Compulsive Disorder

Obsessive-Compulsive Anonymous
Model. Founded 1988. Twelve-step self-help group for people with obsessive-compulsive disorder. Assistance available for starting groups.
Write: PO Box 215, New Hyde Park NY 11040
Call (516) 741-4901

## Ostomy

United Ostomy Association
National. 660+ Chapters. Founded 1962. Dedicated to helping every person with an ostomy and related surgeries return to normal living. Provides education, support to local chapters, and national identity. Quarterly publication, chapter development help, visitation program.
Write: 2001 West Beverly Blvd., Los Angeles CA 90057-2491
Call (213) 413-5510

## Overweight

Overeaters Anonymous
National. 7000 Chapters. Founded 1960. A 12-step fellowship who meet to help one another understand & overcome compulsive overeating. Also groups and literature for teens. Monthly magazine, bimonthly newsletter, chapter development guidelines.
Write: PO Box 92870, Los Angeles CA 90009
Call (213) 320-7941

## Pain/Headache

American Chronic Pain Association, Inc.
National. 85 Chapters. Founded 1980. Help for people suffering from chronic pain. Support, understanding & sharing skills to maintain wellness. Workbook for self-help recovery. Quarterly newsletter. Group development guidelines. Phone network. Outreach program to clinics.
Write: 257 Old Haymaker Rd., Monroeville PA 15146-1711
Call (412) 856-9676

## Parenting - Single Parents

Parents Without Partners
National. 1,200 Chapters. Founded 1957. Educational non-profit organization of single parents. While most members are divorced, some chapters do have special discussion groups for widowed persons. Newsletter. Single parent magazine, chapter development guidelines. Membership dues.
Write: 8807 Colesville Rd., Silver Spring MD 20910
Call (301) 588-9354

## Parenting - Stepparenting

Stepfamily Association of America, Inc.
National. 53 Chapters. Founded 1979. Information & advocacy for stepfamilies. Self-help programs through local chapters, educational resources programs. Quarterly newsletter: "Stepfamily Bulletin." Annual national conference. Step-Pal for kids. Chapter organization manual. Dues $45.
Write: 602 E. Joppa Rd., Baltimore MD 21204
Call (301) 823-7570

## Parents of Premature/High-Risk Infants

Parents of Prematures
Model. Founded 1984. For parents who have experienced birth of premature or sick baby, high risk pregnancy, or death of baby. Offers emotional & educational support through parent education meetings, peer-counseling, resources, referrals. Newsletter $8/yr.
Write: 910 Bent Lane, Erdenheim PA 19118
Call (206) 283-7466

## Parents Troubled by Teenage Behavior

Tough Love
International. 2000 Groups. Founded 1980. Self-help program for parents, kids & communities, for dealing with the out-of-control behavior of a family member. Parent support groups help parents take a firm stand with their kids. Quarterly newsletter $10/yr. Guidelines for starting groups.
Write: Tough Love, Box 1069, Doylestown PA 18901
Call (215) 348-7090

## Parkinson's Disease

Parkinson's Educational Program
National. 400+ affiliated groups. Founded 1981. Information & support for Parkinson's families. Education for medical professionals. Free literature, referrals to groups & physicians, regional conferences, monthly newsletter $25. Group development guidelines.
Write: 1800 Park Newport #302, Newport Beach CA 92660
Call 1-800-344-7872 in CA; (714) 640-0218

## Phobia

Phobia Society of America
National. Founded 1980. Promotes public awareness about phobias, helps phobic people understand their condition, find treatment and develop self-help skills, quarterly newsletter, pen pal program, national treatment directory. Membership dues $25.
Write: 133 Rollins Ave., Suite 4B, Rockville MD 20852
Call (301) 231-9350

## Sexual Abuse/Incest/Rape

Incest Survivors Anonymous
International. 110 Affiliated groups. Founded 1980. Based on the 12 Steps of A.A. Members meet to share their experience, strength & hope, so that they may recover from their incest experiences and break free to a new peace of mind. Assistance in starting groups. Pen pals. Conferences.
Write: PO Box 5613, Long Beach CA 90805-0613
Call (213) 428-5599

Parents United
National. Over 150 Chapters. Founded 1972. Has mutual support groups for parents whose children have been sexually abused, as well as for adults who were molested as children. Chapter development guidelines & training available for professionals wishing to start groups. (Please note that most Parents United groups are free professionally-run mutual support groups, not member-run self-help groups.)
Write: PO Box 952, San Jose CA 95108
Call (408) 280-5055

## Sexuality

National Gay & Lesbian Task Force
Founded 1973. Advocacy & lobbying for the rights of lesbians & gay men. Technical assistance for local gay groups. Information & referral to gay & lesbian organizations nationwide. Education to raise public awareness. Newsletter.
Write: 1517 U Street, NW, Washington DC 20009
Call (202) 332-6483 Crisis line 1-800-221-7044
Federation of Parents & Friends of Lesbians & Gays (Parents FLAG)
National. 75 Chapters. Founded 1981. Helps families to understand their gay family member, and is totally committed to educating the community at large. Parent support groups, educational outreach, bimonthly newsletter, chapter development guidelines.
Write: PO Box 24565, Los Angeles CA 90024
Call (213) 472-8952

## Speech/Stuttering

National Stuttering Project
50+ Groups. Founded 1977. Information about stuttering. Self-help chapter meetings provide supportive environment where people who stutter can learn to communicate more effectively. Network of groups. Referrals, advocacy, monthly newsletter, group development guidelines. Dues $25.
Write: 1269 7th Ave., San Francisco CA 94122.
Call (415) 566-5324

## Women

National Organization for Women
800+ Chapters. Founded 1966. Men & Women committed to equal rights. Advocacy, educational meetings & national newsletter. Chapter development guidelines.
Write: 1401 New York Ave., N.W., Suite 800, Washington DC 20005
Call (202) 347-2279

## Youth/Students

Students Against Driving Drunk (S.A.D.D.)
16,000 Affiliated groups. Founded 1981. To help eliminate drunk driving, alert students to dangers of drinking & driving, & to organize peer counseling programs for students concerned about alcohol & drugs. Newsletter, group development guidelines.
Write: PO Box 800, Marlboro MA 01752
Call (617) 481-3568

## Other Health Problems

American Diabetes Association, Inc.
National. 800+ Affiliates & chapters. Founded 1941. Seeks to improve the well-being of people with diabetes & their families. Fund-raising for research, literature. Affiliates & chapters provide many support services. Free newsletter. $20 dues includes magazine. Annual "information."
Write: PO Box 25757, 1660 Duke St., Alexandria VA 22313
Call 1-800-232-3472

Chronic Fatigue Immune Dysfunction Syndrome Society International
Will mail out information packets as well as provide local support group contacts to callers. Maintains an extensive library of medical journal, magazine, and newspaper articles. Publishes a newsletter ten times a year, maintains a book referral list. Also sponsors an annual conference.
Write: (CFIDSS) PO Box 230108, Portland OR 97223
Call (503)-684-6261

Let's Face It
National. Chapters forming. Founded 1987. Links together people with facial disfigurement. Support for patient's families & professionals. Newsletter with resources.
Write: Box 711, Concord MA 01742
Call (617) 371-3186

Huntington's Disease Society of America
National. 31 chapters. Founded 1967. Maintains chapters that offer support groups to patients & families. Supports research, provides educational materials to professionals & public. Quarterly newsletter. Dues $10. Chapter development guidelines.
Write: 140 W. 22nd St., 6th Floor, New York, NY 20002-2420
Call (212) 242-1968 or 1-800-345-HDSA

National Reye's Syndrome Foundation
140+ Chapters. Founded 1974. Devoted to conquering Reye's Syndrome, a children's disease affecting the liver & brain, encourages research, provides support, information & referrals to families. Local chapters usually formed by parents. $25 dues includes newsletter.
Write: 426 North Lewis St., Bryan OH 43506
Call 1-800-233-7393. In Ohio call 1-800-231-7393

Spina Bifida Association of America
National. 110 chapters. Founded 1972. Encourages educational & vocational development of patients. Promotes public awareness, advocacy & research. Bi-monthly newsletter, chapter development guidelines, adoption referral program, film/videotapes.
Write: 1700 Rockville Pike, Suite 540, Rockville MD 20852
Call 1-800-621-3141 or (301) 770-SBAA
Jaw Joints & Allied Musculo-Skeletal Disorders Foundation, Inc.
National. Founded 1982. Organization providing support & education about TMJ Syndrome. Support groups, seminars, advocacy, quarterly newsletter, chapter development guidelines. Dues $20/sufferer, $40/professional.
Write: Forsyth's Research Inst., 140 Fenway, Boston MA 02115
Call (617) 266-2550 or 262-5200 X 360

## Miscellaneous

Fundamentalists Anonymous
National. 44 Chapters. Founded 1985. Organization providing support & guidance for dissatisfied fundamentalists who want to get out of fundamentalism. Public education on dangers posed by fundamentalism. Bimonthly newsletter, chapter development guidelines. Membership dues $30.
Write: PO Box 20324, Greeley Square Station, New York NY 10001
Call (212) 696-0420

Workaholics Anonymous
Model. Founded 1983. For men & women who feel their work lives have gotten out of control. Also for affected family members & friends. Mutual support in solving problem of compulsive over-working. Weekly meetings.
Write: c/o Westchester Self-Help Clearinghouse, Westchester Community College, 75 Grasslands Rd., Valhalla NY 10595
Call (914) 235-6026

# TOLL-FREE NATIONAL 800 HELPLINES

ACNE 800-235-ACNE (M-F 10-8) Acne Research Center.

ADOPTION 800-TO-ADOPT (M-F 9-5) Nat'l Adoption Center.

AEROBICS 800-BE-FIT-86 (M-F 10-5) Aerobics Fitness Association.

AIDS 800-221-7044 (M-F 5-10, Sat 1-5)) Nat'l Gay/Lesbian Health Crisis; 800-342-AIDS (24 hrs.) recorded message, U.S. Public Health Service; 800-822-7422 (M-F 10-2) Project Inform; 800-234-TEEN (M-Sa 5-9PM) teen AIDS information, Good Samaritan Project.

ALCOHOL 800-ALCOHOL (24 hrs.) Doctor's Hospital of Worcester.

ALZHEIMER'S 800-621-0379, 800-572-6037 in IL (M-F 9-5) Alzheimer's Disease and Related Disorders Association*.

ANOREXIA/BULIMIA 800-BASH-STL Bulimia Anorexia Self-Help*.

ATTORNEY 800-624-8846 Attorney Referral Network.

AUTO SAFETY DEFECTS 800-424-9393, TTY 800-424-9253 Nat'l Highway Traffic Safety Administration.

BANKING COMPLAINTS 800-424-5488 (M-F 8:30-5:45) F.D.I.C.

BLIND 800-424-8666 (M-F 9-5) American Council of the Blind*; 800-424-9100 Library of Congress services; 800-AF-BLIND, American Foundation for the Blind; 800-221-4792, cassette tapes, Recording for the Blind, Inc.; 800-225-0227 (then dial 994-610) Nat'l Assn. Parents of Visually Impaired*.

CANCER 800-4-CANCER (M-F 9-4:30) National Cancer Institute; 800-525-3777 (M-F 11:30-8) American Medical Center Cancer Research; 800-221-2141 Y-Me Breast Cancer Support Program*.

CEREBRAL PALSY 800-USA-1-UCP United Cerebral Palsy*.

CHILD ABUSE 800-422-4453 (24 hrs.) Child Help U.S.A. ; 800-421-0353, 800-352-0386 in CA - Parents Anonymous groups*.

CLEFT PALATE 800-24-CLEFT (M-F 8-4) Nat'l Cleft Palate Assn*.

COCAINE 800-Cocaine (24 hr) Fair Oaks Hospital, Summit, NJ.

CONSUMER PRODUCT COMPLAINTS 800-638-2772 (M-F 8:30-5) U.S. Consumer Products Safety Commission; 800-621-0477 (M-F 8:30-5:30) complaints regarding major appliances.

COOLEY'S ANEMIA 800-221-3571 Cooley's Anemia Foundation*

CORNELIA DE LANGE SYNDROME 800-223-8355 CLS Fdn.*

CYSTIC FIBROSIS 800-FIGHT-CF (M-F 8:30-5:30) CF Foundation*

DIABETES 800-223-1138 (M-F 9-5) Juvenile Diabetes Fdn*; 800-232-3472 American Diabetes Foundation*.

DISABILITIES - 800-54-HEATH post secondary ed. opportunities; 800-526-7234 (M-F 8:30-4:30) job accommodation ; 800-248-ABLE (M-F 9-5:30) community projects & networking, Nat'l Organization on Disability (N.O.D.); 800-34-NARIC Voice / TDD (M-F 9-5) info on rehabilitation devices, National Rehabilitation Information Center; 800-327-5892 special computer software .

DISCRIMINATION IN HOUSING 800-424-8590 (M-F 9-5); 800-368-1019 discrimination by any Federally funded facility.

DOMESTIC VIOLENCE 800-333-SAFE (24 hrs) National Coalition Against Domestic Violence.

DOWN SYNDROME 800-221-4602 Nat'l Down Syndrome Society; 800-232-NDSC Nat'l Down Syndrome Congress*.

DRUG ABUSE 800-662-HELP (M-F 9AM-3AM, S-S 12-3AM) referrals, Nat'l Institute on Drug Abuse; 800-554-KIDS, (M-F 9-5) National Federation of Parents for Drug-Free Youth; 800-241-7946 (M-F 8:30-5) Nat'l Parents Resource Institute for Drug Education, Inc. ; 800-638-2045, 301-443-2450 In MD (M-F 8-4:30) Nat'l Institute on Drug Abuse Prevention; 800-258-2766 Just Say No Clubs*.

DYSLEXIA 800-ABCD-123 (M-F 9-5) Orton Dyslexia Society.

EDUCATION 800-638-9675, 301-997-9300 in MD & AK (M-F 10-4)parents & public schools, Nat'l Committee for Citizens in Ed*.

ENDOMETRIOSIS 800-992--ENDO (24 hrs.) Endometriosis Assn*.

ENERGY 800-523-2929 (M-F 9-5) Energy conservation answers.

EPILEPSY 800-332-1000 (M-F 9-6) Epilepsy Found. of America*.

HEAD INJURY 800-444-NHIF National Head Injury Foundation*.

HEADACHE 800-843-2256 National Headache Foundation.*

HEALTH 800-336-4797 (M-F 8:30-5) Nat'l Health Information Clearinghouse, US Office of Disease Prevention & Health Promotion; 800-922-9234 (M-F 8:30-5 voice & TDD) Nat'l Info. System for Health Related Services, Univ. of South Carolina; 800-621-8094 recorded news messages, American Medical Assn.

HEARING / COMMUNICATION HANDICAPS 800-424-8576, 703-642-0580 in VA (M-F 9-5) Better Hearing Institute; 800-638-8255, 301-897-8682 in MD, TDD same numbers (M-F 8:30-4:30) career advice, National Association for Hearing and Speech; 800-237-6213 (M-F 9-5) captioned film loans for deaf /hearing-impaired, US Dept. of Ed.; 800-446-9876 (TTY / Voice) (24 hrs) crisis line to report health-related emergencies, National Crisis Center for the Deaf; 800-835-DEAF (M-F 9-5) Deafness Research Fdn.

HEART Heart Line 800-241-6993 (M-F 9-4) Heart Life*.

HERPES 800-227-8922 (M-F 2pm-2am) Herpes Resource Center.

HOSPICES 800-331-1620 (M-F 9-4) Hospice Education Institute.

HOSPITAL CARE - 800-237-5055 (M-F 8-5) children, orthopedic care & burn treatment, Shriner's Hospital Referral line.

HUNTINGTON'S DISEASE 800-345-4372(M-F 9-5) H.D.Society*.

INCONTINENCE 800-23-SIMON, Simon Foundation*.

KIDNEY 800-638-8299 (M-F 8-5:30) American Kidney Fund.

LAMAZE CHILDBIRTH 800-368-4404, A.S.P.O. - LaMaze*.

LEGISLATION - 800-424-9602 (M-F 9-5) federal legislation concerning children, Children's Defense Fund.

LITERACY 800-228-8813 (M-F 9-6, Sat 9-1) Coalition for Literacy.

LUPUS 800-558-0121 (M-F 10-5:30) Lupus Foundation*.

MEDICARE 800-462-9306 (M-F 9-4:30)

MISSING CHILDREN 800-843-5678 (M-F 7am-midnight, Sat 10-6) National Center for Missing and Exploited Children; 800-235-3535 (24 hrs.) The Missing Children Network; 800-KIDWATCH (24 hrs.) Am. Child Protective Assn.; 800-I-AM-LOST Childfind*.

MOTHERS CENTER DEVELOPMENT 800-645-3828 Mothers Center Development Project*.

MULTIPLE SCLEROSIS 800-624-8236 Nat'l M.S. Society*.

NEUROFIBROMATOSIS 800-323-7938 Nat'l N.F. Foundation*.

ORGAN DONATION 800-528-297 (24 hrs.) Living Bank.

PARENTS 800-421-0353 for those losing their temper with their kids, Parents Anonymous*; 800-NETWORK, resources pertaining to children in public schools, Nat'l Committee for Citizens in Education*.

PARKINSON'S DISEASE 800-344-7872 (M-F 10-7) Parkinson's Educational Program*; 800-233-APDA, Am. Parkinson Disease Assn*; 800-327-4545 (M-F 8-5) Nat'l. Parkinson Fdn.

PESTICIDES 800-858-7378 (24 hrs.) Gathers and disseminates information on pesticides, Environmental Protection Agency.

PMS 800-222-4-PMS premenstrual syndrome, Madison Pharmacies.

RADON 800-334-8571 ext. 7131 (M-F 8:30-5) Federal E.P.A.

RARE ILLNESS 800-447-6673 National Org. for Rare Disorders*.

RESPIRATORY 800-222-LUNG (M-F 10:30-7) Nat'l Asthma Center

RETINITIS PIGMENTOSA 800-638-2300 (M-F 8:30-5) National Retinitis Pigmentosa Foundation*.

REYES SYNDROME 800-233-7393 (M-F 8:30-5) National Reyes Syndrome Foundation*.

RUNAWAYS 800-621-4000 (24 hrs.) National Runaways Switchboard, MetroHelp, Inc.; 800-231-6946 (24 hrs.) Criminal Justice Dept. of Texas Governor's Office.

SCLERODERMA 800-722-HOPE, United Scleroderma*.

SHOPLIFTERS ANONYMOUS 800-848-9595

SICKLE CELL 800-421-8453 Nat'l Assn. for Sickle Cell*.

SMALL BUSINESS ADMINISTRATION 800-368-5855 (M-F 9-5)

SOCIAL SECURITY 800-272-1111 (M-F 8:30-5) S.S. Admin.

SPECIAL EDUCATION 800-345-TECH (M-F 1-6) video and audio technology , U.S. Dept. of Education.

SPINA BIFIDA 800-621-3141 (M-F 9-5) Spina Bifida Assn*.

SPINAL CORD INJURY 800-962-9629 Nat'l Spinal Cord Injury Assn*; 800-526-3456, 800-638-1733 in MD (M-F 8-4) Maryland Institute for Emergency Medical Service Systems; 800-624-1698 (M-F 11:30-8) Equipment & programs, Neurological Recovery Foundation.

STROKE 800-553-6321 Courage Stroke Network*.

SUDDEN INFANT DEATH SYNDROME 800-221-SIDS, National SIDS Foundation*; 800-638-7437 (24 hrs.) National Center for the Prevention of SIDS.

SURGERY 800-638-6833 (8 am-12 midn) second opinion referrals, U.S. Dept. of Health & Human Services.

TALL PERSONS 800-521-2512 Tall Clubs International*.

TAXES - Federal 800-424-1040 (M-F 8:15-4:15) I.R.S. Service.

TOURETTE SYNDROME 800-237-0717 Tourette Syndrome*.

USHERS SYNDROME 800-638-2300 R.P. Foundation*.

V.D. 800-227-8922 (M-F 2am-2pm) American Social Health Assn.

VETERANS 800-242-5867 (M-F 8-4:30) Veterans Administration.

VISTA 800-424-8867 (M-F 8-5) VISTA Volunteer Information.

WOMEN'S SPORTS 800-227-3988 Women's Sports Foundation.

YOUTH 800-999-9999 (24 hrs.) on problems of drugs, run-aways, and homeless youth - Convenant House.

From: The Self-Help Sourcebook, 2nd ed.
Self-Help Clearinghouse
Saint Clares-Riverside Medical Cen.
Denville NJ 07834

# INFORMATION & REFERRAL

These are agencies whose primary function is to provide general information and referral services regarding human service providers in their geographic areas. Specialized information and referral specific to particular service fields is available from the service providers listed in the Information & Referral subheading in almost every MAJOR SECTION.

## GREATER BOSTON

Boston Mayor's Office of Constituent Service ..... 617-725-4500
Boston City Hall, Boston
CODE ..... 508-263-8777
2 School St., S. Acton 508-486-3130
Community Information Service ..... 617-944-0840
64 Middlesex Rd., Reading
CONTACT Help Lines of Greater Boston ..... 617-244-4350
PO Box 287, Newtonville, *See displays in Counseling/Mental Health and in Disabilities* (TTY) 617-332-9416
Family Connection ..... 617-323-0300
4256 Washington, Roslindale
Harbor Area Information Center ..... 617-727-7107
25 Staniford, Boston
Jewish Community Information Service ..... 800-242-4104
617-227-6641
31 New Chardon, Boston 800-CHAI-104
*See display this section*
Jewish Family Service of Greater Framingham
Info and Referral Service ..... 508-879-3303
76 Salem End Rd., Framingham
Mass. Office of the Secretary of State
Citizen Information Service ..... 617-727-7030
One Ashburton Pl. – Room 1611, Boston 800-392-6090
*Info on state govt/legislation/regulations, See display this section*
State Bookstore ..... 617-727-2834
State House – Room 116, Boston, *Copies of laws and state agency regulations, See display this section*
U.S. General Services Administration
Federal Information Center ..... 617-565-8121
10 Causeway St., Boston
United Way
Info and Referral of Greater N. Shore ..... 617-599-6800
2 Liberty Sq., Boston
Information and Referral ..... 617-482-1454
Two Liberty Sq., Boston
WBZ Call for Action ..... 617-787-2300
1170 Soldiers Field Rd., Boston

## NORTHEASTERN MASSACHUSETTS

Answers
Memorial Hall Library ..... 508-470-1184
Elm Sq., Andover
Greater Lawrence Community Action Council, Inc.
Social Services Division ..... 508-686-3996
350 Essex St., Lawrence, *Info and Referral for the Greater Lawrence Region*
North Shore Catholic Charities ..... 508-532-3600
3 Margin St., Peabody

## SOUTHEASTERN MASSACHUSETTS

Brockton Area Helpline ..... 508-584-4357
837 North Main, Brockton
Catholic Social Services ..... 508-771-6771
261 South St., Hyannis
P.A.C.E. ..... 508-999-9920
166 William St., New Bedford
United Way of Cape Cod ..... 508-775-4746
48 Camp St., Hyannis 508-775-0464

## CENTRAL MASSACHUSETTS

Montachusett Opportunity Council ..... 508-342-7013
66 Day St., Fitchburg
Tri-Link
Info and Referral ..... 508-765-9101
51 Everett St., Southbridge
United Way
First Call ..... 508-755-1233
484 Main St., Worcester
United Way of North Central Mass. ..... 508-345-1577
915 South St., Fitchburg

## WESTERN MASSACHUSETTS

AWARE Project ..... 413-499-2425
(24 hr) 413-528-2327
146 First St., Pittsfield 413-663-9709
First Call for Help/Direct Information Service
Jones Library ..... 413-256-0121
43 Amity St., Amherst 800-282-7779
North Adams Help Line ..... 413-663-6555
111 Main St., North Adams
Social Services Help ..... 800-322-0270
39 Federal St., Greenfield
Spanish American Union ..... 413-734-6451
2595 Main St., Springfield
United Way ..... 413-532-3232
316 High St., Holyoke
First Call ..... 413-737-2712
184 Mill St., Springfield

From: Human Service Yellow Pages
of Massachusetts
408 Highland Ave.-Suite 414
W.Somerville MA 02144

**MCDHH INFORMATION SERIES**

TOPIC:

**DESCRIPTION OF THE MASSACHUSETTS COMMISSION FOR THE DEAF AND HARD OF HEARING (MCDHH)**

## Massachusetts Commission for the Deaf and Hard of Hearing

**What is the MCDHH?**

- The Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH) is a commission, under the Executive Office of Human Services, which serves as the principal agency in the state on behalf of deaf and hard of hearing people.

**What are the primary mandates for the MCDHH?**

- The Commission was established to advocate, provide and coordinate public policies, regulations and programs to provide full and equal opportunity for deaf and hard of hearing people in Massachusetts.
- The MCDHH is mandated to improve accessibility and quality of existing services and promote or deliver necessary new services.
- The Commission is mandated to increase public awareness, determine the extent and availability of services, determine the need for further services, and make recommendations to the Governor.

**What services and programs does the MCDHH offer?**

- Interpreter Services maintains and coordinates a statewide sign language interpreter referral service for deaf and hard of hearing persons; screens and approves potential interpreters; provides information regarding interpreter services, evaluations and certifications; supports training of interpreters; and assists in determining competence in American Sign Language.
- Fund for Purchase of Interpreter Services pays for interpreter services for many types of events in which other agencies are not legally responsible to pay.
- Public Education and Information Services provides public education, accessibility training, information sheets, a newsletter, speakers, and general information related to deaf and hard of hearing people, needs and services.
- TDD Distribution Program rents or sells at a discount TDDs (TTYs) to eligible residents of Massachusetts who apply.
- The Case Management Program provides referral services, cross-agency case coordination, technical assistance to agencies around cases, assistance to deaf and hard of hearing individuals with complex life situations, and Chapter 688 Transitional Case Management services in special situations.
- Program Development and Special Services: MCDHH engages in development of needs assessments, action plans, information and consultation in areas such as: early intervention, education, elder services, housing, employment and special services for hard of hearing persons.

continued ... other side

- o ALD Demonstration Loaner Program provides, on a limited basis, assistive listening devices to state agencies for major conferences and meetings prior to purchase of their own equipment.
- o Legislative Update Services provide information on state and federal legislative activity having an impact on deaf and hard of hearing people.
- o Contracted Services:
  - o Independent Living Programs for Deaf and Severely Hard of Hearing People located at:

    Ad-Lib Center for Independent Living, Inc., Pittsfield

    Center for Living and Working, Worcester

    D.E.A.F., Inc., Allston

    Northeast Independent Living Program, Inc., Lawrence

    Southeast Center for Independent Living, Fall River

    Stavros Center for Independent Living, Springfield

  - o Statewide Massachusetts TTY/Telephone Message Relay Service located at D.E.A.F., Inc. in Allston.

**'here are the MCDHH offices?**

- o Administrative Office and Eastern Massachusetts Regional Services:

  Massachusetts Commission for the Deaf and Hard of Hearing
  600 Washington Street, Suite 600
  Boston, MA 02111
  (800) 882-1155 TDD/V
  (617) 727-5106 TDD/V

- o Central Massachusetts Regional Office:

  Massachusetts Commission for the Deaf and Hard of Hearing
  22 Front Street
  P.O. Box 8210
  Worcester, MA 01614
  (508) 755-4084 TDD/V

- o Western Massachusetts Regional Office:

  Massachusetts Commission for the Deaf and Hard of Hearing
  1694 Main Street
  Springfield, MA 01103
  (413) 788-6427 TDD/V

# ABOUT THE MENTAL HEALTH ASSOCIATION

The **MENTAL HEALTH ASSOCIATION OF CENTRAL MIDDLESEX** was established as the education and prevention arm of the mental health system in 1956. We are a private, non-profit citizens' organization devoted to the advancement of mental health, the prevention of mental illness, and the rehabilitation of the mentally ill. We believe that PREVENTION holds the greatest potential both in human terms and for cost effectiveness.

The MENTAL HEALTH ASSOCIATION has a long record as the sole, objective source for information and referral. We are able to provide this important objectivity because we are not providers of direct clinical services. Devoted to the concepts of Education, Prevention and Advocacy, the MHA is the CLEARING-HOUSE FOR MENTAL HEALTH SERVICES AND PROGRAMS in Central Middlesex.

We serve nine towns – Acton, Bedford, Boxborough, Carlisle, Concord, Lincoln, Littleton, Maynard and Stow. MHA is a tax-exempt organization, supported by grants from the Acton/Boxborough, Concord/Carlisle, Maynard and Stow Community Chests, corporations, membership dues and fund-raising events.

Brochure Sponsored by:
The Middlesex Savings Bank
The Cooperative Bank of Concord
Assabet Savings Bank

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MENTAL HEALTH ASSOCIATION
OF
CENTRAL MIDDLESEX
Community Agencies Building
Concord, Massachusetts 01742

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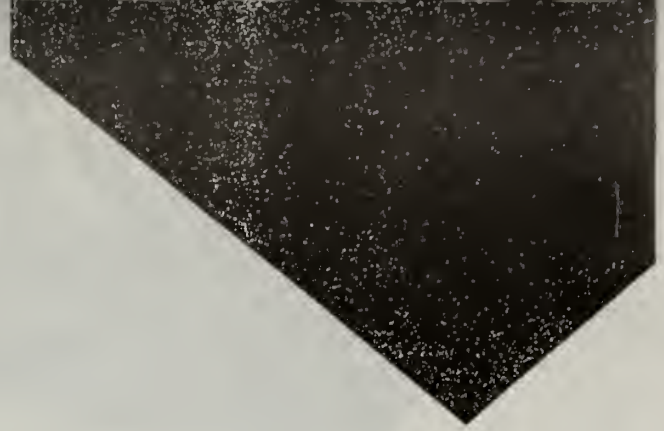


# ALL YOU NEED TO KNOW

## ABOUT MENTAL HEALTH SERVICES and RESOURCES

## MENTAL HEALTH ASSOCIATION of CENTRAL MIDDLESEX

# 369-7715

# 369-7715

# ABOUT OUR SERVICES

The MENTAL HEALTH ASSOCIATION offers a broad range of services and addresses all aspects of mental health and mental illness. Services are free of charge to all who live or work in Central Middlesex.

Services and programs may focus on chronic mental illness, alcoholism, substance abuse, adult children of alcoholics, child abuse and neglect, domestic violence, aging, adolescence, depression, individuals and families in crisis, supports for singles, stress, community task forces, or any other mental health area.

Your MENTAL HEALTH ASSOCIATION provides:

## INFORMATION AND REFERRAL

As the clearinghouse of mental health services and programs we help individuals, groups and agencies find and take advantage of appropriate services and resources.

## EDUCATION

Prevention through community education is a primary goal. We offer groups, programs, open meetings, a speakers bureau, lectures, workshops and films.

## SUPPORT PROGRAMS

The Mental Health Association offers ongoing support programs. These include the Wayfarers' Social Club for formerly hospitalized patients and other lonely or isolated community members; and a support group for family members of the mentally ill.

## LIBRARY

Our mental health library is available for community, student and professional use. It includes books, pamphlets, films and videos. Come use our collection.

## ADVOCACY

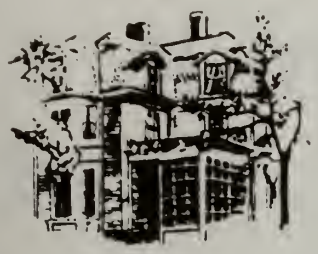
The Mental Health Association provides information on public policy and legislation through our newsletters and special mailings. We participate in a process of education about mental health issues for both the public and public officials. We also monitor the provision of mental health services, assess community needs and respond to those needs.

## NETWORKING

We bring together individuals, groups and agencies interested in specific mental health topics. We help local agencies stay in touch with each other and with the communities they serve.

## CONSULTATION

The Mental Health Association offers free program planning and consultation to schools, faith groups, police, parents' groups, and other community groups.



# The Women's Center

46 Pleasant St.
Cambridge, Massachusetts 02139
Tel. 617-354-8807

## RESOURCES FOR SURVIVORS OF CHILD SEXUAL ABUSE

**SUPPORT GROUPS**

- Incest Survivors Network monthly facilitated drop-in discussion (third Thursday, 7:30-9:15); September - June wheelchair accessible.
- Weekly Drop-in Discussion Group (Thursdays, 7:30-9:30)
- Support Group for Lesbian Survivors (1st, 3rd Wednesdays7pm )
- Healing Through Art (1st Wednesday, 7pm-10pm)
- Incest Survivors Anonymous (Fridays 6:30-8pm)

**REFERRAL INFORMATION**

- Emotional Health Referral Book (staff office)*
  National Listing of Incest Survivors Groups
  Incest Survivors Anonymous Meeting List Schedule
- Women's Center's therapy referral forms (staff office)* These contain detailed descriptions of therapists' specialties, fees, philosophy, etc.; included are therapists experienced working with multiple personalities and ritualistic abuse)
- Victims of Violent Crime: agencies throughout the state of MA
- Articles on ritualistic abuse (staff office)*
- Incest Survivors Network Resource Book (sitting room)
  Therapists specializing in child sexual abuse
  Bodywork practitioners
  Educational Resources
  Newsletters
  Legal & Legislative Resources
  Feedback Section

**PUBLICATIONS AND TAPES**

- For Crying Out Loud, a newsletter for women survivors of child sexual abuse (sitting room)
- Incest Resources articles and audiotapes. Articles available in Women's Center Library. To order, see fliers on table in sitting room.

**PUBLIC SPEAKING**

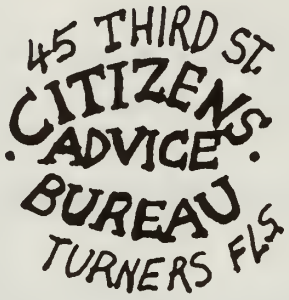
- Incest Survivors Network Speaker's Bureau. Speaking to universities, schools, clinics.

**CONSULTATION TO OTHER PROFESSIONALS/TRAINING**

- Incest Resources 492-1818.

* Any woman can look at materials kept in the staff office by asking the woman answering the phone. Materials can be taken into the sitting room, but may not be removed from the Women's Center.

**Drop in or call**: 10am-10pm, Monday-Thursday; 10am-8pm Friday; 11am-2pm Saturday




45 Third St.
Turners Falls
Ma 01376
August 14th 1989

Dear sir or ma'am,

The Citizens Advice Bureau will be opening to the public in September. It is a non-profit organization which is organized and staffed by volunteers.It will offer the public information and referral services from a storefront in Turners Falls. It will be a resource center. The public will be able to browse through literature for services and programs available to residents of Franklin County.

Because the main emphasis of the Citizens Advice Bureau will be that of a resouce center, we are depending heavily on your support by sending us your posters, pamphlets,leaflets, booklets and books that describe your services.

We expect to have a large community bulletin board which will display information on support groups,posters from agencies, and lists. Volunteer staff will be available for the public to consult. We are compiling an index of services available. However, it is your pamphlets and literature which will make your services capture the attention of the public.

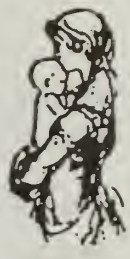
Sincerely Yours

Anne Matthews

Anne Matthews
Citizens Advice Bureau

# ALMA

Adoptees Liberty Movement Association
P. O. Box 154, Washington Bridge Station
New York, New York 10033



THE TRUTH OF HIS ORIGIN IS THE BIRTHRIGHT OF EVERY MAN.

## THE ALMA SOCIETY INC.

The Adoptees' Liberty Movement Association (ALMA) is a search and support organization for adult adoptees, natural parents of adoptees over 18 years old, as well as siblings and others who have been separated from their families.

ALMA is a non-profit, tax exempt organization chartered in the state of New York with approximately 70 chapters across the country and membership extending internationally.

ALMA was founded in March of 1971 when a small ad appeared in the personal column of the New York Times. The ad was placed by Florence Fisher after she had completed a twenty-year search for her natural parents. She wondered if she was isolated in her feelings and experiences regarding her adoption and need to know her heritage.

But the hundreds of reponses pouring into the post office box indicated that there was a lot of others who shared her feelings and needs.

Since 1971 Ms. Fisher has functioned as ALMA President and chief spokesperson for adoptees' rights and is assisted by a staff of dedicated volunteers internationally.

As ALMA has grown over the years, the objectives have expanded to encompass the changing needs of its members. Thousands have united to raise the consciousness of the country to the injustice of the "sealed records." Mutual assistance in search still remains a priority. A network of understanding, compassion and information exists to remind members that they are not alone. The RIGHT TO KNOW is an emotional issue as well as a legal one.

## WHO BELONGS TO ALMA

### REGULAR MEMBERSHIP

For those who may be actively in search and utilizing ALMA's many services, such as:

- adult adoptees
- natural parents of adoptees over 18 years old
- adults separated from family members

### ASSOCIATE MEMBERSHIP

For those not participating in a search, but who believe in the rights of adult adoptees and belong to ALMA to show support for the adoption movement. People such as:

- adoptive parents
- natural parents of minor adoptees
- social workers

## LEGISLATIVE CHANGE

Legislatures across the country have taken long hard looks at the existing laws. ALMA members are working to help educate legislators so they may pass laws that will guarantee the adult adoptee equal rights to knowledge of their heritage.

Please send me further information regarding **The ALMA Society, Inc.**

PLEASE PRINT LEGIBLY

Name _____
First Name MI Last Name

Mailing Address _____
Street Number

_____
City State Zip

Home Phone _____ Work Phone _____

Place of adoption or place of search _____
City County State

Adoptee's birth date _____/_____/_____

I am:
- ☐ adoptee
- ☐ natural parent
- ☐ sibling
- ☐ adoptive parent
- ☐ other _____

**Mail this request to:**

The ALMA Society, Inc.
P.O. Box 154
Washington Bridge Station
New York, NY 10033

**OR to the Local Chapter at:**

ALMA Chapter
Ruth Roland
PO Box 595
North Andover MA 01845

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# WHAT DOES ALMA OFFER?

### ALMA INTERNATIONAL REUNION REGISTRY

Located at the national headquarters in New York City, this multi-level system has, since 1971, proven itself through the enumerable "match-ups" that have taken place. It is the largest, most successful databank of its kind in existence.

### ALMA SEARCH ASSISTANTS

Members who have completed their searches and volunteered their aid, knowledge and moral support to those still in search. These trained volunteers do not do one's search, but guide members through their searches step-by-step at no additional fee.

### SEARCHER'S GUIDE

The Official ALMA's Searchers' Guide is a 56-page, step-by-step, guide which takes searchers from the overall picture of adoption through the completion of a search with emphasis on understanding the unknown.

### SEARCH BUDDIES

"Search Buddies" are members across the country who have offered their assistance to do research legwork for fellow members whose search area is within the buddies' locale and who live too far from the area to take advantage of search sources that are not available by phone or mail.

### SEARCH WORKSHOPS

In most chapters, workshops are held monthly and are open to regular members. Members bring photocopies of their adoption or search-related documents and are advised by trained Search Assistants on how to proceed.

### RAP SESSIONS

In some areas, there are also smaller group sessions at which members may discuss their experiences and get the support of others in a more casual setting. Even after a search has been completed, many members need continued support.

### LIBRARY

Among the thousands of volumes maintained in the ALMA Library are city directories, phone directories, church, school and social directories, etc.

### PUBLICATIONS

SEARCHLIGHT is a national newsletter which, along with other bulletins, keeps the members informed of activities in all chapters, reunions, court cases and legislation.

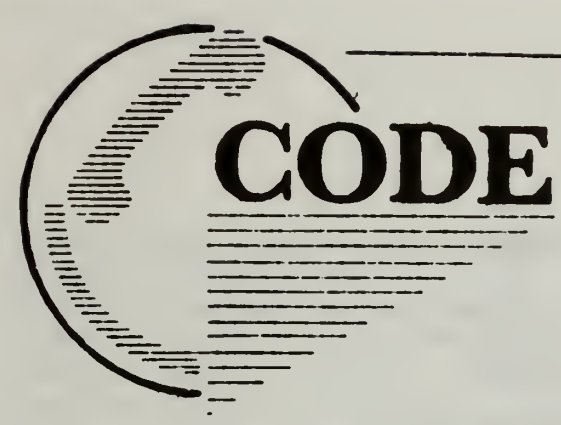
### SPEAKERS

The increasing attention paid to the issues surrounding adoption and the rights of adult adoptees has created the opportunity for many members to address interested groups and organizations concerning their experiences.

### IN CLOSING

The ALMA Society, Inc. is supported solely by membership dues and donations.

**THE ALMA SOCIETY, INC.**
**NATIONAL HEADQUARTERS**
**P.O. BOX 154**
**WASHINGTON BRIDGE STATION**
**NEW YORK, NY 10033**




4 SCHOOL STREET
ACTON MA 01720
263-8777
486-3130

**Description of CODE'S Services**

Hotline - Confidential crisis hotline and information and referral services available 24 hours a day, seven days a week. Volunteers are trained to respond to crises such as drug problems, suicide and abusive situations.

Pregnancy Testing - Pregnancy testing is available at several sites throughout our service area. This service is available to women of all ages, and anonymity is maintained with a system of code letters. After the test is completed, trained volunteers inform the woman of the results and are available to talk with her about her feelings as well as her options.

Free Legal Services - Several lawyers provide free legal consultation over the phone to callers in catchment area. Caller must identify self as having gotten referral from CODE.

Elderly Reassurance Calls - This service is provided to elderly people who live alone. Calls are made to each person at a designated time to ensure their safety and provide social contact. A backup person or the police are notified if the phone is not answered.

Message relay for the Hearing Impaired - The use of a TTY machine allows CODE to translate messages to and from hearing impaired individuals. Conversations are not time limited.

Drug Education - Staff and volunteers work with area schools to provide drug and alcohol education to students with an emphasis on decision making. Workshops provided for school staff, parents and community members. Consultation given to community groups organizing to fight drug and alcohol abuse.

Training - CODE provides extensive training to individuals and groups in basic crisis intervention skills as well as specific subject areas such as suicide, drugs and depression.

**HOTLINE/MULTI-SERVICE CENTER**

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## DIRECTORY RESPONSE SHEET

Please make the following additions or corrections to the next edition of The Massachusetts Clearinghouse of Mutual Help Groups directory:

GROUP NAME, ADDRESS, CONTACT PERSON, PHONE — GROUP PURPOSE

1.

2.

3.

4.

General comments about the Directory (Content, Format, Lay-out, etc.)

Submitted by:_____ Phone:_____

Address:_____

Organization:_____

Please fold this sheet in thirds, staple or tape together, and place in the mail. This sheet is postage paid. Thank you for your assistance.
Sincerely,

Warren Schumacher

Warren Schumacher, Associate Professor
Extension, Human Development

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